



## **Breakfast Build**

### **Mix together:**

- 2 cups of each: Hemp hearts, Raw Pumpkin Seeds and almonds (whole)
- 1 cup lethicin granules (40 000 BTU)
- 3 tbsp each: Cayenne pepper (if you like it spicy), Hawthorn Berry powder, Gota Kola powder, Ground Ginger, Raw Bee Pollen, Ground Turmeric Ginko Leaf Dandelion Leaf
- 2 tbsp each: Kelp, slippery elm bark
- 5 tbsp cinnamon

Place in a sealed container & store in fridge.

Whether your cereal is heated rolled oats (overheating destroys nutritional content) or soaked grains (we use 1 tbsp of whole oats, flax and buckwheat as well as a smaller amount of rice, red lentils and spelt). You can soak any combination of grains in room temperature water overnight. Soaking releases seed enzymes used to begin life in the form of sprouts.

This mixture is packed full of nutrients and excellent for digestion/cholesterol lowering/reducing Blood Pressure and stabilizing blood sugars.

### **Now build your bowl**

Add to heated oatmeal or soaked grains:

- Above mix (3-4 tablespoons/person)
- Plain yogurt (1-2 tbsp)

Complete by adding in heated Saskatoon berries, blueberries or any other in season fruit along with enough water to make a moist mixture.

