



## **Nutritious Breakfast Idea**

### **Ingredients:**

2 Tbsp. Golden flax  
4 Tbsp. Flaked oat kernels  
Yoghurt  
Fresh Berries

### **Procedure:**

A very nutritious breakfast is to flake 2 Tbsp. Golden flax and combine it with approx. 4 Tbsp. of fresh flaked oat kernels. Top with Saskatoon berries and locally produced organic yoghurt or milk. For a softer cereal, cover the mixture with warm water and let stand for 5 min, and then add fruit and dairy.

