

energy cereal

ingredients

10 C rolled oats (long cooking)

1 C dried cranberries fruit juice sweetened,

1 C pumpkin seeds

1 C sunflower seeds

1-2 C shredded coconut unsweetened

1/2 C flax seeds

1-2 C almonds, pecans, or macadamia nuts

directions

Use oats as a base and add any or all of the rest of the ingredients or pick your own favorite dried fruits, nuts and seeds. Mix together and store in an airtight container and keep in your cupboard or pantry. To eat, soak about 2/3 C of the dry cereal with water, milk, yogurt, or nut milk. Add frozen berries, and/or bananas or other fresh fruit, and honey, agave or maple syrup to taste for 5-10 minutes. You may also soak the cereal overnight in the fridge.

Don't be afraid to substitute other ingredients. For example, you might try golden raisins and almonds, or chopped, dried apricots and hazelnuts in place of the cranberries and pecans.



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