

Beautifying Breakfast Cereal

Servings: 1

 Leading Lady
10-Day Reset
A Leading Lady Solution

Ingredients

- 4 Tbsp raw, soaked sunflower seeds
- 3 Tbsp raw, soaked sliced almonds
- 1 Tbsp of flax meal
- 1/4 c blueberries
- 1/4 c strawberries
- 1 tsp cinnamon
- 1/2 c of coconut milk or almond milk
- *Optional:* Powdered Stevia to taste

Prep

In a bowl, soak sunflower seeds and sliced almonds overnight in enough filtered water to cover. Add in a pinch of sea salt. Cover and let soak on countertop. In morning, drain and rinse well before use.

Directions

1. Mix together, sprinkle cinnamon and stevia
2. Let your taste buds sing!

Notes

Soaking seeds and nuts is a very important step when it comes to digestion. When nuts/seeds are soaked and/or sprouted in water, the germination process begins, in which the active and readily available amounts of enzymes, vitamins, minerals, proteins, and essential fatty acids begin to be activated.

