



Beautifying Breakfast Cereal

Servings: 1

This Beautifying Breakfast Cereal is your new morning go-to—a nutrient-packed way to start your day.

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 raw, organic milk
- *Opt:* drizzle of raw, organic honey or pinch of Stevia to taste



Prep (Overnight)

In a bowl, soak sunflower seeds and sliced almonds 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. Grab a cereal bowl and toss in the soaked seeds, almonds, and flax meal.
2. Add the blueberries, strawberries, and a generous sprinkle of cinnamon.
3. Pour in the raw organic milk, then finish with a drizzle of honey or a pinch of Stevia to sweeten things up just right.
4. Stir it all together, take a bite, and let your taste buds do a happy dance—breakfast just got beautified!

Tips (The Wise & Wild Way)

- **Double the Soak, Double the Goodness:** While you're prepping your nuts for this recipe, soak extra sunflower seeds and almonds to have on hand for snacks or salads. Store in freezer until ready to use
- **Take a Prayerful Pause:** Before you dig in, take a moment to thank God for the nourishment He provides. This simple act of gratitude can set a peaceful tone for your day, aligning your heart and body with His design for wellness.

