



## Raw Pink Breakfast Bowl

(Adapted from Diet Dessert and Dogs)

1 serving

1 medium apple cored (no need to peel if organic)

2 Tb pumpkin seeds

1/2 tsp cinnamon

1/2 tsp freshly grated ginger, optional

1/4 cup-6 unsweetened almond or hemp, milk as needed for desired texture

1 Tb chia seeds, optional

1 small beet, peeled

10-12 drops plain or vanilla liquid stevia, to your taste

1 Tb hemp, sunflower or sesame seeds

- Cut the apple into quarters; reserve two quarters and set aside. Coarsely chop the other two quarters.
- In the bowl of a mini processor or a Magic Bullet, purée the chopped apple quarters, pumpkin seeds, cinnamon, ginger and almond milk until relatively smooth. Transfer to a bowl and stir in the chia seeds, if using.
- Grate the two unchopped apple quarters using the medium holes of a box grater. Grate the beet using the small holes of a box grater and add to the bowl with the stevia; stir to combine. Taste and adjust sweetness. Sprinkle with seeds and more cinnamon, if desired.