

Warming Grain Free Breakfast Cereal

2 servings

1 Tb ground flaxseeds

1 Tb pumpkin seeds

2 Tb shredded coconut

2 tsp chia seeds

1/4 tsp cinnamon

Pinch Celtic sea salt

Hot water

7 drops liquid stevia, or 1/2–1 tsp. sweetener of choice

1/4 tsp vanilla

1/2 Bosc pear, chopped
coconut milk

- Grind flaxseeds into a fine meal and set aside (Note: you may grind a cup of flaxseeds ahead of time and store in an airtight container in the refrigerator for future use.)
- Using a food processor or blender process pumpkin seeds, coconut, chia, cinnamon, sea salt, until finely ground.
- Add hot water to cover.
- Add stevia or sweetener of choice and vanilla. Mix well.
- Top with pear, and a drizzle of coconut milk.