



Berry & Nut Breakfast Bowl

1 serving
10 minutes

Ingredients

72 grams Strawberries (chopped)
72 grams Blackberries (cut in half)
15 grams Walnuts (chopped)
18 grams Almonds (chopped)
7 grams Pumpkin Seeds
10 grams Hemp Seeds
60 milliliters Unsweetened Almond Milk

Directions

- 1 Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
- 2 Pour the almond milk over top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

Additional Toppings: Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of honey.

No Berries: Use peaches, mango, pineapple or banana instead.

No Almond Milk: Use another non-dairy milk instead.