

SUPERFOOD MIX

Contributed by Karli Z., PRC

¼ cup flax seed

½ cup sesame seeds

1/3 cup sunflower seeds

½ chia seeds

½ cup shredded unsweetened coconut

½ cup cacao nibs

½ cup pumpkin seeds

½ cup hemp seeds

½ cup activated/sprouted buckwheat

1 tbsp. coconut oil (optional)

Mix together and store in airtight container. One serving: measure out ½ cup and eat as “overnight oats” by mixing with coconut water.