



Gut Healing CHIA AND OATS BREAKFAST

you will need:

- 2 tablespoons Organic Rolled Oats
- 1 tablespoon organic raw Pumpkin Seeds
- 1 tablespoon organic Raisins
- 1 tablespoon organic Chia Seeds
- ¼ cup filtered water
- ¼ cup Coconut drink (Almond milk, Coconut water or any dairy free alternative)
- 1 teaspoon organic Coconut Blossom Nectar (optional)

- ☞ Put Rolled Oats, Pumpkin Seed and Raisins in a bowl and cover with water. Leave overnight to soak.
- ☞ In the morning add Chia Seeds and Coconut or Almond Drink (milk) and stir well.
- ☞ Let it stand for 5 minutes so Chia Seeds absorbs some of the liquid and gelatinous texture is achieved.

Sweeten with Coconut Blossom Nectar and enjoy!



ORGANIC
choice