

Coco Crunch

To be used as a cereal or topping

½ C. cacao nibs

¼ C. pumpkin seeds

1 T. ground flax seeds

¼ C. chopped sprouted or soaked nuts (I like walnut or almond)

½ C. raisins or diced dates

A dash of himalayan salt (optional)

To be used as a topping, mix all ingredients thoroughly and store in the fridge. Use as you like on a non-dairy yogurt or non-dairy ice cream.

To be used as a cereal, add 2 C. rolled oats or 2 C. sprouted grains to the topping mixture. Add non-dairy milk as desired. This is my favorite way to eat this, like a cold cereal. It is filling and full of antioxidants, iron, vitamin B12, healthy fats, zinc, magnesium, potassium and electrolytes. Perfect before a run on a cold winter morning. This recipe serves up to 4 people.

Recipe by Kelly Pomeroy