

## **Breakfast Muesli**

- fresh fruit
- 1 t ground flax seed (grind 1c and keep refrigerated)
- 1 t chia seed
- 1 t hemp seed
- 2 T Grape-nuts Cereal (crunchier from USA)
- 1 T nuts (pumpkin & sunflower seeds, hazelnuts, cashews)
- 1/2 c Greek yogurt
- 1/4 c milk
- slivered mint leaves as garnish (optional)

In a medium-sized bowl, combine ingredients and enjoy. Serves 1.

**Jittery Cook**