

Muesli Breakfast

- 1/2 c steel cut oats, soaked in water overnight, then drained
- 1 T each; hemp seeds, sesame seeds, chia seeds, pumpkin seeds, sunflower seeds, ground flaxseeds
- 3 T pomegranate seeds
- 2 kiwis, peeled and chopped
- 2 T yogurt, just enough to moisten (fruit flavoured is fine)

Combine all ingredients in a bowl. Stir, then add a little yogurt at a time.
Serves 2.

Jittery Cook