

Breakfast of Champions

- fruit; 1/3 banana, 1/4 apple, 1 clementine, diced (or berries, grapefruit)
- 1 heaping t each ground flax, chia seeds, hemp seeds
- 1 t each golden berries, mulberries or goji berries
- 1 heaping t each cacao nibs, chocolate Chia Goodness (both are optional)
- 8 pecan halves
- 2/3 c 2% plain yogurt - Greek yogurt for extra protein

In a medium sized bowl, mix all ingredients. Serves 1.

Jittery Cook