

Simple Breakfast Mix



Ingredients

- 1/2-1 cup yogurt (goat, cow, or plant based)
- ½ cup berries
- 1 Tbsp slivered almonds
- 1 Tbsp pepitas (pumpkin seeds)
- 2 tsp chia seeds

Mix and enjoy for breakfast, lunch or snack!

Optional additions:

Cacao nibs, coconut flakes, chopped walnuts

Enjoy!