

Flax and Seeds Fantasy

1 Tbs. flax seeds
1 Tbs. sesame seeds
1 Tbs. sunflower seeds
8 almonds
1 Tbs. pumpkin seeds
1 Tbs. honey
cup raisins
4 Tbs. hot water or more

Grind all dry ingredients in coffee grinder. You may have to separate the mix into two batches.

The seeds and nuts may be mixed beforehand in equal parts and stored in a glass jar. Be sure to give it a good shake before each use.

Grind raisins or date pieces until soft. Mix all dry ingredients, then add hot water to desired texture. This will thicken in a matter of one to two minutes so don't be afraid to allow it to be a little runny. Almonds can be replaced with just about any nut. Raw cashews are simply heavenly.

This breakfast provides 700 calories of fibre, lignin, protein and good oils for breakfast.