

GF Raw Grain Breakfast

For digestive wellness, providing whole grain nutrition, enzymes and essential fats. Gluten Free!

Grind together in a coffee grinder:

- 1 Tbsp. Quinoa
- 2 Tbsp. Hemp Seed
- 2 Tbsp. Salba

Add water to make a "slurry":

Add:

- Some grated apple
- A squeeze of fresh organic lemon juice
- 1 Tbsp. chopped walnuts
- Fresh or frozen raspberries/blueberries