



# Breakfast Bowl Recipe

by Josette

1 Organic Apple (or other seasonal fruit)

1 heaping tablespoon Raw Walnuts

1 tablespoon Raw Sunflower Seeds

1 tablespoon Unsweetened Coconut

1/4 teaspoon Cinnamon

1/8 teaspoon Ginger

1/8 teaspoon Pink Salt

1-2 tablespoons Real Maple Syrup

1-2 tablespoons Organic Whipping Cream OR 1/4 cup  
whole fat yogurt