

A Gut Feeling Grain-Free Muesli Cereal

INGREDIENTS

- 1 cup sunflower seeds
- 1 cup unsweetened flaked coconut
- 1 cup pumpkin seeds
- 1 cup sliced almonds
- 1/2 cup pecans
- 1/2 cup hemp hearts
- 2 teaspoons cinnamon
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon SweetLeaf Stevia Drops or vanilla stevia drops

INSTRUCTIONS

In large bowl, stir together all ingredients until well combined. Lay out on a rimmed baking pan and bake at 350F for about 7-8 minutes. Allow to cool. Store in air tight container. Each serving is about 1/3 cup. Tastes great with almond milk!

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