

# **Healthy NO BAKE Protein Breakfast**

This makes a great daily healthy breakfast or a small meal to follow up **after** slowly coming off a fast with pieces of fruit.

Combine the following in a Medium Sized Bowl and mix together. If you are trying to lose weight, use smaller portions.

**1/2 to 1 Cup of Thawed Fruit** - I use Costco's 4 Pound Organic Day Break Blend – Peach, Mango, Strawberry & Pineapple

**1/2 to 1 Cup of Yogurt of Kefir** - I use Trader Joe's 32 oz. Organic Low-fat French Vanilla Yogurt or 32 oz. Trader Joe's Mango Kefir

**1/2 Cup of Oat Bran & Rolled Oats** - I use a mix of 1/4 cup each.

**2 -4 Tablespoons of Organic Protein Powder-** Some brands include Powdered Greens with the Protein Powder

**1/2 to 1 Teaspoon of Organic Cumin Powder** – I use 1/2 Teaspoon of Black Cumin and 1/2 teaspoon of Yellow Cumin

Combine the Following Seeds in a **small coffee grinder** and add **the ground ingredients to the bowl**. The grinder breaks the seed's outer shell so the body can absorb the ingredients. You can usually find a great sale price on grinders from Walmart, Amazon, or other vendors.

**2 Each Organic Cloves-** - These are EXCELLENT for gut health.

**1/2 Tablespoon of Flax Seed**

**1/2 Tablespoon of Chia Seed**

**1/2 Tablespoon of Hemp Hearts Seed**

After adding the ground seeds to the bowl, I mix this together with a spoon and eat it along with a handful of Walnuts (about 4 ounces) and one piece of fruit (maybe a Banana, Orange, Grapefruit or Apple).