



Simple | Healthy | Delicious

Sprouted Blend Porridge

INGREDIENTS

1 cup Nature's Earthly Choice Sprouted Blend
Almond or coconut milk
Cinnamon to taste
Nuts
Berries
2 tablespoons Nature's Earthly Choice Chia Seeds or Milled Flax Seeds
Stevia or honey to sweeten



DIRECTIONS:

1. Cook the grains according to package instructions.
2. Add the remaining ingredients and serve.