

Berry & Nut Breakfast Bowl

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Strawberries (chopped)
1/2 cup Blackberries (cut in half)
2 tbsps Walnuts (chopped)
2 tbsps Almonds (chopped)
1 tbsp Pumpkin Seeds
1 tbsp Hemp Seeds
1/4 cup Unsweetened Almond Milk

DIRECTIONS

- 01 Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
- 02 Pour the almond milk over top and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	356	Carbs	21g
Fat	28g	Protein	13g