

# Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

## Almond Super Seed Bowl

### Ingredients

*3 tbs of flaxseeds*

*3 tbs of chia seeds*

*5 tbs of roughly chopped almonds*

*3 tbs of pepitas*

*1 tbs of coconut chips*

*1 cup of coconut milk (or milk of your choosing)*

*1 tsp of vanilla extract*

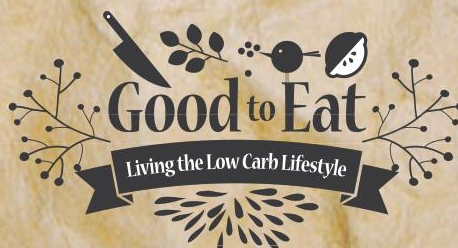
*To serve*

- 1. Seasonal fruit*
- 2. 1 tsp of chopped almonds*
- 3. 1 tsp of coconut chips*
- 4. Extra milk of your choosing*

### Method

*Enjoy this delicious breakfast recipe to start your day in an excellent way.*

1. Mix ingredients together and place in an airtight container over night in the fridge.
2. Top with fruits, almonds and coconut chips and add the milk.



**Preparation Time:** 5 minutes

**Cooking Time:** 0 minutes

**Author:** Fran Ramsay

**Serves** 4

For more recipes and information on living the low carbohydrate lifestyle find us at:

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