

Warm Super Seed Cereal



PREP TIME:
2 MINUTES

COOK TIME:
5-7 MINUTES

TOTAL TIME:
10 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 2 Servings

Ingredients:

- 1 Cup Dairy Free Milk
- ¼ Cup Organic Canned Pumpkin (*non-BPA lined can*)
- 1 Teaspoon Pumpkin Spice
- ½ Cup Pumpkin Seeds
- ½ Cup Sunflower Seeds
- 1 Scoop Vegan Vanilla Protein ([I use TruVani](#))
- ½ Teaspoon Pure Vanilla Extract
- ½ Teaspoon Organic Cinnamon
- ½ - 1 Banana, Chopped
- 1 TBSP Organic Cranberries or Raisins

Instructions:

1. In a small pot, add the dairy free milk, canned pumpkin, and pumpkin pie spice. Warm on medium heat.
2. Mix until warm and smooth, about 2-3 minutes.
3. Add the pumpkin seeds, sunflower seeds, vanilla, and cinnamon. Cook another 3-4 minutes.
4. Lastly add in the protein powder. Stir until combined.
5. Top with sliced banana and either dried cranberries or raisins.

***Try and use all organic ingredients if possible.**

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