



Warm Super Seed Cereal Shopping List

Dairy Free Milk



Pure Vanilla Extract



Organic Pumpkin Puree



Organic Cinnamon



Pumpkin Pie Spice



Banana



Pumpkin Seeds



Organic Dried Cranberries

or



ChristiHealthCoach.com

Sunflower Seeds



Raisins



Vegan Vanilla Protein



Optional Toppings: