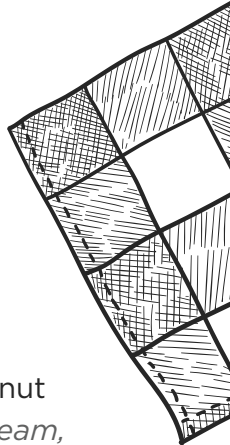




THE MINDFULL OF AWESOME BREAKFAST BOWL



COCONUT CREAM BOWL & BERRIES



SERVINGS: 1



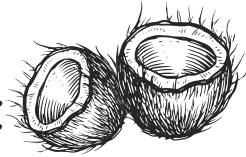
INSTRUCTIONS:

1. Start by adding the coconut cream to a serving bowl and top with the fresh berries, chia seeds, and slivered almonds.
2. Enjoy right away or pack with you to bring to work as an on the go breakfast.

BON APPETITE!



INGREDIENTS:



½ cup of full-fat unsweetened coconut cream - *if you can't find coconut cream, just use the creamy/solid portion at the top of a full-fat unsweetened coconut milk can and save the liquid portion for smoothies.*

½ cup of fresh berries of choice



1 Tbsp. chia seeds



1 Tbsp. slivered almonds

