



Seedsli Breakfast

INGREDIENTS

- ✓ 1 cup of mixed seeds mix (2 Tablespoons each of Chia seeds, sunflower seeds, pepitas, linseed, sesame seeds, buckwheat groats and k fibre)
- ✓ ½ apple A seasonal fruit of choice
- ✓ A dollop of pot set yoghurt



diced tomato

PROCESS

- ✓ Pulse the mixed seeds in the Ladyship or Food processor until well combined and crumbly.
- ✓ You can moisten and sweeten the the seedsli by adding ½ an apple to the mix.
- ✓ If you have Diverticulitis, ensure all seeds are ground to a powder. Serve the seedsli with fresh seasonal fruit and a dollop of pot set yoghurt.



sliced mushrooms



baked beans



ADDITIONAL

Made in the Ladyship and a rich source of calcium, fiber and gut healing foods.