

Warm Seed Mush

- ½ Cup Pumpkin seeds
- ½ Cup Sunflower seeds
- ¼ Cup Chia seeds
- ¼ Cup Unsweetened coconut flakes
- 1 Teaspoon Cinnamon
- ½ Teaspoon Nutmeg
- ¼ Teaspoon Sea salt
- 1 ½ Cups Dairy-free milk (coconut, almond, etc)
- Honey to taste (optional)
- Dried cranberries(optional)
- 1 Banana, sliced(optional)

Add the pumpkin seeds, sunflower seeds, chia seeds, coconut flakes, cinnamon, nutmeg, sea salt and dairy-free milk to a pot. Turn the heat to medium and stir until warm, but not boiling. Remove from the stove and serve in bowls. Serve with the sweetener of your choice, topped with dried cranberries, sliced banana and other fresh fruit.