

Vegan Yoghurt With Fruit And Seeds

Filling, nutritious, delicious and medicinal breakfast. Cumin seeds have numerous medicinal properties and have even been used to treat people with covid-19.

Categories

Gluten-free

Yields: 1 serving

Preparation time: 5 mins

Cooking time: 0 mins

Category: Breakfast

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Raw



Ingredients

Yogurt substitute (dairy free), plain, coconut milk based	1 cup
Blueberries, fresh	0.5 cup
Mango, fresh	0.5 each
Banana, fresh	0.5 medium - 7" to 7 7/8" long
Plum, fresh	1 small - 2" diameter
Sunflower seed butter (not salted)	1 tbsp
Cumin, seed	2 teaspoon
Chia seeds	2 teaspoon

Instructions

Any plain non sweetened dairy free yogourt can be used for this recipe. I prefer oat or coconut milk yogourt. And feel free to substitute the fruit. Try adding kiwi, strawberries or peach. And instead of sunflower seed butter, try almond butter or pumpkin seed butter.

Layer with the yogourt on the bottom, fruit and then seeds and nut butter.