

Yogurt, Fruit And Seed Bowl

A quick, easy and nutritious breakfast especially when craving something light and fruity.

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	0.75 cup
Banana, fresh	1 medium - 7" to 7 7/8" long
Blueberries, fresh	0.25 cup
Strawberries, fresh	4 medium - 1 1/4" diameter
Nectarine, fresh	1 small - 2 1/3" diameter
Hemp seeds, hulled	2 tablespoon
Pumpkin or squash seeds, shelled, unsalted	2 tablespoon

Instructions

Add all ingredients together in a bowl.