



Seed Breakfast

The seed breakfast consists of a combination of fibre-rich seeds, pectin containing fruit and natural yoghurt.

Ingredients:

- Linseeds
- Almonds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- 1-2 teaspoons of slippery elm powder

Method:

Grind the mixed seeds to the consistency of coarse coffee (in a coffee grinder or food processor). Aim for a volume of approximately two dessertspoons of ground seed mix. The relative ratio of each seed can be varied to suit individual needs. For example, when constipation is a problem increasing the volume of pumpkin seeds can often be successful. On the other hand for diarrhoea or loose bowels, the volume of linseed, psyllium or slippery elm powder can be increased.

Although some seeds and nuts can be purchased as a meal, including linseed and almond meal, ground seeds tend to become rancid very quickly. It is therefore recommended that seeds must be ground daily and used immediately. If this is not possible, grinding seeds with a food processor or coffee grinder and storing in an airtight container in the freezer will reduce, but not eliminate the process of rancidity.

Add several dessertspoons of this mixture to the following.

- ½ cup of plain (unsweetened), organic or biodynamic yoghurt with live cultures

And add grated raw apple or stewed apple, pears or plum.

In winter, combine seeds, fibre, fruit and yoghurt with cooked oatmeal or rice.