

HEALTHY & FILLING FRUIT BOWL

INGREDIENTS:

- 1 c. **Fresh or Frozen Pineapple**
- 1 c. **Fresh or Frozen Blueberries**
- 1/2 c. [Muesli](#) or [Oats](#)
- 1 Tbls [Chia Seeds](#)
- 1/2. tsp [Cinnamon](#)

Optional Add Ins

- 1 Tbls [Hemp Seeds](#)
- 1 Tbls [Almond Butter](#)
- 1/2 c. **Fresh or Frozen Pomegranate Seeds**

Hemp seeds may be added the night before.

If adding almond butter or pomegranate seeds, stir in gently, shortly before eating.

For a Ready to Eat Breakfast:

1. The night before place fruit in medium sized bowl.
2. Add oats, chia seeds, & cinnamon. Gently stir & cover; this allows the oats & chia seeds to absorb the natural juices from the fruit.
3. Stir gently in the morning and enjoy!

For an Easy, On the Go Lunch:

Place all desired ingredients in Tupperware and stir gently.

Place in lunchbox or cooler.

Stir gently before eating.

***Choose your own favorite fruits, fresh or frozen, for different versions of this healthy fruit bowl.**

***Prepare in larger batches and serve as a healthy and interesting version of Fruit Salad!**



Refreshing, Hydrating & Nourishing



For more information or personalized nutrition & holistic wellness consults please contact us at:

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