



INGREDIENTS

- ☐ 1 cup of mixed seeds mix (2 Tablespoons each of Chia seeds, sunflower seeds, pepitas, linseed, sesame seeds, buckwheat groats and k fibre)
- ☐ ½ apple A seasonal fruit of choice
- ☐ A dollop of pot set yoghurt



mixed seeds



sliced fruit

PROCESS

- ☐ Pulse the mixed seeds in the Ladyship or Food processor until well combined and crumbly.
- ☐ You can moisten and sweeten the the seedsli by adding ½ an apple to the mix.
- ☐ If you have Diverticulitis, ensure all seeds are ground to a powder. Serve the seedsli with fresh seasonal fruit and a dollop of pot set yoghurt.



coconut



ADDITIONAL

Made in the Ladyship and a rich source of calcium, fiber and gut healing foods.