



SUMMER REFLUX FRUIT SALAD BREAKFAST

INGREDIENTS

- ✓ Chopped up banana, water melon, and papaya
- ✓ 1/8 cup Mixed nuts include macadamia and almonds
- ✓ 1/4 cup of Mixed seeds ground up
- ✓ Include sesame seeds, linseed and hemp seeds



Banana

PROCESS

- ✓ Cut the fruit into bite sized pieces and create a fruit salad
- ✓ Add almonds and Macadamia nuts
- ✓ Grind all seeds together in a processor or coffee grinder
- ✓ Sprinkle the ground seeds onto the fruit salad and enjoy



Water Melon



Mixed Seeds



ADDITIONAL

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