Happy Hormone Bowl

Ingredients:

5 minutes | 5 minutes

- Greek or DF yogurt
- 1 - 2 T chia seeds
- 1 - 2 T ground flaxseeds
- 1 T hemp seeds
- 1/4 of a Pomegranate seeds
- 1 Golden kiwi - chopped
- 1 T raw honey
- 1 t Acai powder
- 1 t Acerola powder
- Anything else you fancy

Instructions:

1. Pop your desired amount of yogurt into a bowl.
2. Sprinkle in all the ingredients you choose to add.
3. Visually enjoy how gorgeous your Super Bowl looks.
4. Close your eyes, take a few conscious breaths and set an intention of deep nourishment
5. Walk away from all devices, sit outside if you can, or somewhere with no distractions to fully enjoy.
6. Bon appetite!

Substitutions

1. Use whatever yogurt, fruit, seeds and nuts that you prefer.
2. Do add nuts and seeds to supply your body with the full hormone supporting compliment of nutrients.,

For lots of tips, tricks & info, visit
www.breathtaking.fr/happy-hormone-power-bowl