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INGREDIENTS: ¼ cup pumpkin puree ¼ cup puffed rice granola/ organic oats ½ cup of almond milk/soy milk 2 tbsp of raw honey 1 tsp grated lemon zest 1 sliced

fresh strawberry (optional) 2 tbsp slivered almonds (optional) .ORG Pumpkin Muesli.
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 of spinach 1 tbsp chia
 seeds 1 tbsp ground flax
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 milk 1 tbsp coconut oil 1
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almonds (optional)
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steamed are good choices
of dinner. However, you
must choose vegetables
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