

Plantiful Paleo Cereal Bowl

If you have tummy issues and find it hard to find a decent cereal out there that doesn't set you off, you might like this one?

It's gluten, dairy and refined sugar-free!

Add [Perfect Collagen](#) for Gut-healing and Skin Benefits



Ingredients

- Paleo cereal mix (see below)
- Fresh fruit
- Fresh mint
- Ginger
- Raw honey
- Coconut water
- Coconut yoghurt

- Shredded coconut
- Cinnamon

Method

1. Add your **cereal** mix to a bowl and then top with fresh fruit
2. Pour over enough coconut water so that the cereal mix is covered but not drowning
3. Finish off with a scoop of coconut yoghurt, a drizzle of raw honey, some fresh, chopped mint, shredded coconut and cinnamon
4. Enjoy!

Note: Honey and fruit are not the devil. there is so much misinformation out there when it comes to these natural sugars! Your body needs them, especially your brain. Your brain is mostly carbohydrate and without natural sugars it can actually shrink! Not to mention, you don't feel great if you don't eat fruit. Fruits are super healing and honey is too! Honey contains thousands of phyto-chemicals for health and wellbeing.

Ingredients for Cereal

- Raw buckwheat 1/3 cup
- Shredded coconut 1/2 cup
- Puffed buckwheat, millet or quinoa 1 cup
- Chia, sunflower, pumpkin, hemp, sesame and flax seeds 1/4 cup each
- Goji berries 1/2 cup