

# Healthy Holiday Tip #3

## What's For Breakfast??!



### Innate Power Breakfast

#### Ingredients

- 1/3 cup organic whole oats (not quick oats)
- 2 teaspoons nuts (almonds, pumpkin seeds, sunflower seeds, or walnuts)
- Fresh or frozen organic blueberries, raspberries, strawberries, or blackberries
- 1/4 cup organic raisins
- 1tbsp ground flax seed
- Almond milk, rice milk, or organic whole apple juice

#### Instructions

Mix up a big container of the oats, raisins, and nuts and seeds in the above proportions and then just scoop out about a cup full into a bowl. Breakfast in 30 seconds! Use a coffee grinder and fine grind up a big container full of flax seeds and store in the freezer. The ground flax is also great in smoothies and on salads!

*Note to self: Don't skip breakfast, it's the most important meal of the day. A healthy breakfast restores sugar levels, keeps you mentally and physically efficient for longer periods during the day, raises your metabolism, and gets you started on acquiring your daily nutrients.*

**Good nutrition is part of the chiropractic lifestyle, which also includes exercise and regular chiropractic care.**

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(Tear here and enter to win!)

What did you have for breakfast today?

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Name \_\_\_\_\_

Answer trivia on Facebook for an extra chance to win!

