



Simple | Healthy | Delicious

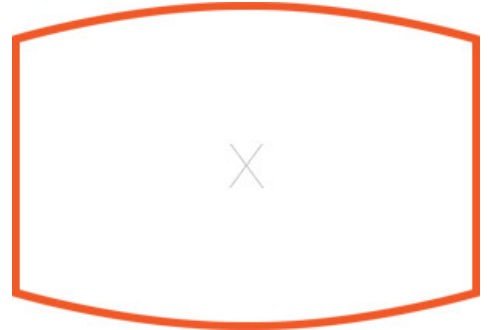
Hot Cereal

INGREDIENTS

1/3 Cup Nature's Earthly Choice Superfood Blend

1 Cup water or milk

A pinch of salt



DIRECTIONS:

1. For each serving: Combine 1/3 Cup Nature's Earthly Choice Superfood Blend with 1 cup water or milk and a pinch of salt in a bowl at least twice the size of the ingredients. Microwave on high for 2 – 2 1/2 minutes or until cereal begins to thicken (it will thicken over time as well). Alternatively, simmer in boiling water on stovetop for 1 1/2 – 2 minutes.