



## Balanced Breakfast Bowl

Who says a quick breakfast has to be boring? This Balanced Breakfast Bowl can be arranged in 3-minutes flat and offers the right combo of healthy carbs, protein, and healthy fats to start your day.

Not to mention, if you have never tried Brazil nuts, now is your chance. They are loaded with selenium, an important mineral and antioxidant that works to keep your immune system strong and defend against chronic disease. Just one medium sized Brazil nut = 124%<sup>1</sup> of the recommended daily intake<sup>2</sup> of selenium so you don't need many for the protective benefits.

Feel free to swap out the fruits and nuts for your personal favourites or ones that are most easily accessible.

Serves 1

### INGREDIENTS

- 1 passion fruit
- Small handful green and purple grapes
- 3-4 Brazil nuts
- 1 small high-fibre muffin (homemade such as our [One-Bowl Morning Glory muffins](#) or store bought - the one pictured is a carrot muffin from FarmBoy)
- 1/4 cup plain or low-sugar vanilla Greek yogurt (topped with a sprinkle of dried fruit and seeds)

### INSTRUCTIONS

1. Wash and chop fruit of choice.
2. Grab your favourite bowl. Assemble fruit and nuts and crumbled muffin.
3. Add a small bowl of Greek yogurt and enjoy!



Source:

1. [Canadian Nutrient File Food Search - Brazil nuts](#)
2. [Dietary Reference Intake tables - Selenium](#)

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