Breakfast Build

Ingredients – for one person

- 1/3 cup Fieldstone Organics oat groats, freshly flaked
- 1 tbsp Fieldstone Organics buckwheat groats
- 1 tbsp Fieldstone Organics brown flax seeds, freshly ground into meal
- ½ tsp cinnamon

Prepare mixture in the evening. Pour boiled water over the mixture just to cover.

Place in the fridge overnight

Method

At breakfast add the following to your soaked mixture:

- A drop or two of maple syrup , stir to blend in
- Fresh fruit topping
- Your favourite milk

Alternative additions:

- Yogurt, natural or flavored
- Heat frozen fruit and add to cereal to add some warmth
- Nuts, hemp, pumpkin or sunflower seeds