

SUPERFOOD BURCHA MIX



Time:

30

Serves:

2

Difficulty:

two

Introduction Content:

Everyone has been whipping up Loni Jane's infamous Raw, Vegan, Gluten Free Bircha Muesli Mix and now you can too! All the ingredients are from The Source. This muesli will leave you feeling full until lunchtime which will help keep weight under control. Not to mention all the amazing benefits of consuming these superfoods everyday! Bircha Muesli in a jar also makes a fantastic gift! We hope you enjoy it as much as we do.

Recipe Ingredients:

1/4 cup [flax seeds](#) 1/2 cup [sesame seeds](#) 1/2 cup [sunflower seeds](#) 1/2 cup [chia seeds](#) 1/2 cup shredded coconut 1/2 cup [cacao nibs](#) 1/2 cup [pumpkin seeds](#) 1/2 hemp seeds 1/2 [sultanas](#) 1/4 [diced dried mango](#) 1/4 activated buckwheat