



**GENESIS**  
-HEALTH REVOLUTION-

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## No Oatmeal Breakfast Cereal

### INGREDIENTS:

- 2 cups pecans
- 2 Tbsp flax seeds
- 2 Tbsp chia seeds
- Pinch sea salt
- Plant based milk of choice
- Toppings of choice

### DIRECTIONS:

-Place first four ingredients into a high-powered blender or food processor and process/pulse until ground (be careful not to overdo it, or you will get pecan butter!).

-Place into a glass jar to store in the fridge.

-When you want to make the hot cereal, just heat up 1 cup of your favorite milk and add 3/4-1 cup of the mixture, depending on how thick you want your no-oatmeal.

-Heat over medium heat in a saucepan on the stovetop, stirring continuously until it begins to thicken.

-Remove from heat and allow to sit for about 5 more minutes, it will thicken up even more.

Makes about 2 1/2 cups of prepared hot cereal.

Stir with your favorite toppings such as dried/fresh fruit, chopped nuts, cinnamon.

This is similar to Cream of Wheat.



