

HOLY OMEGA NUTS & SEEDS MIXTURE



- Organic cold milled flax seeds
- Organic ground chia seeds
- Organic raw shelled hemp seeds
- Organic raw sunflower seeds
- Organic raw walnuts
- Wheat germ



Mix ingredients into large air-tight container of choice.

Leave a small scoop in the container for convenient adding to smoothies, yogurt, cereal, baked goods, etc.

Enjoy!

OTHER POSSIBLE ADD-INS:

*GOJI BERRIES. *ALMONDS *CASHEWS. *PUMPKIN SEEDS *ANYTHING YOUR HEART DESIRES