

Mixed Nuts, Seeds, and Berries Cereal

Prep Time = 5 min	Cook Time = 0 min	Total Time = 5 min	Servings = 1
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Ingredients:

1/8 Cup of Sliced Almonds
1/8 Cup of Halved Walnuts
1/4 Ounce of Sunflower Seeds
1 Tablespoon of Flaxseeds
1 Teaspoon of Chia Seeds
1 Teaspoon of Pumpkin Seeds
10 Whole Raisins
1/8 Cup of Coconut Flakes
1/8 Cup of Cranberries
1 Cup of Raw Milk
1 Teaspoon of Cinnamon
1/2 Teaspoon of Paprika

Directions:

1. Add all ingredients to a cereal bowl.
2. Mix well and enjoy.
3. This is a very quick and easy meal to prepare making it one of my go to meals when I don't have time to cook a meal.

Nutrition Facts	
Serving Size 327 g	
Amount Per Serving	
Calories 516	Calories from Fat 321
% Daily Value*	
Total Fat 38g	58%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 24mg	8%
Sodium 107mg	4%
Total Carbohydrate 35g	12%
Dietary Fiber 12g	47%
Sugars 18g	
Protein 18g	
Vitamin A 16%	Vitamin C 6%
Calcium 43%	Iron 17%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

Calorie Information		
Amounts Per Selected Serving		%DV
Calories	516 (2160 kJ)	26%
From Carbohydrate	127 (532 kJ)	
From Fat	321 (1344 kJ)	
From Protein	67.6 (283 kJ)	
From Alcohol	~0.0 (0.0 kJ)	

Protein & Amino Acids		
Amounts Per Selected Serving		%DV
Protein	18.4 g	37%

Carbohydrates		
Amounts Per Selected Serving		%DV
Total Carbohydrate	34.9 g	12%
Dietary Fiber	11.9 g	47%
Starch	~0.2 g	
Sugars	~18.4 g	

Fats & Fatty Acids		
Amounts Per Selected Serving		%DV
Total Fat	37.7 g	58%
Saturated Fat	10.0 g	50%
Monounsaturated Fat	9.6 g	
Polyunsaturated Fat	15.4 g	
Total trans fatty acids	~0.0 g	
Total trans-monoenoic fatty acids	~0.0 g	
Total trans-polyenoic fatty acids	~0.0 g	
Total Omega-3 fatty acids	~5056 mg	
Total Omega-6 fatty acids	10387 mg	

Vitamins		
Amounts Per Selected Serving		%DV
Vitamin A	~808 IU	~16%
Vitamin C	~3.3 mg	~6%
Vitamin D	~97.6 IU	~24%
Vitamin E (Alpha Tocopherol)	~6.2 mg	~31%
Vitamin K	~5.2 mcg	~6%
Thiamin	~0.5 mg	~32%
Riboflavin	~0.7 mg	~39%
Niacin	~2.1 mg	~10%
Vitamin B6	~0.4 mg	~20%
Folate	~62.4 mcg	~16%
Vitamin B12	1.1 mcg	18%
Pantothenic Acid	~1.3 mg	~13%
Choline	~63.4 mg	
Betaine	~4.6 mg	

Minerals		
Amounts Per Selected Serving		%DV
Calcium	429 mg	43%
Iron	~3.1 mg	~17%
Magnesium	~165 mg	~41%
Phosphorus	561 mg	56%
Potassium	774 mg	22%
Sodium	107 mg	4%
Zinc	3.2 mg	22%
Copper	0.8 mg	38%
Manganese	2.0 mg	102%
Selenium	~17.7 mcg	~25%
Fluoride	~12.2 mcg	

Your Notes: