

Sunburst Breakfast Bowl

PREP TIME

30
minutes

Sunburst Breakfast Bowl

INGREDIENTS

Sunburst Melon
Yogurt
Granola
2-4 Tbsp. honey

Homemade Granola

4 cup rolled oats
1/2 cup wheat germ or flax
1 tsp. cinnamon
1/4 tsp. salt

2 Tbsp. macadamia or coconut oil
1/4 cup honey
1/4 cup apple juice
1 cup assorted dried fruit of choice
1/2 cup shredded unsweetened coconut,
sunflower or pumpkin seeds

DIRECTIONS

In a large bowl, mix together the oats, wheat germ, cinnamon and salt.
In a liquid measuring cup, combine the liquid ingredients and stir well. Pour over oat mixture and toss to coat everything evenly. Spread in an even layer on a cookie sheet and bake at 325 degrees for 15 minutes, then reduce heat to 185 degrees and bake for 10-15 minutes more or until nicely brown and crisp. Mix in the dried fruit and coconut. Cool and store in an airtight container.

Cut melon in half and clean out seeds.
Fill with yogurt of choice, then top with some granola and a drizzle of honey

COOK TIME

5
minutes

YIELD

4
servings

