



LIZZY'S FAVORITE BREAKFAST

INGREDIENTS

- 2/3rd cup Maple Hill Organic Grass-fed plain Greek Yogurt
- 1/2 cup organic mixed berries
- 1 teaspoon organic ground flaxseed
- 1 teaspoon organic ground Zen basil seeds
- 1/2 cup TLC Granola

DIRECTIONS

Mix everything together in a bowl and enjoy!

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