



Berry Delicious Breakfast Sundae

(Serves 2)

- ½ cup (85 grams) Grape Nuts
- ½ Tbsp cinnamon
- ¼ tsp sea salt
- 1½-2 tsp maple syrup or honey, divided (to taste)
- ⅓ cup (40 grams) chopped walnuts
- 1 cup (150 grams) plain dairy-free yogurt (Greek if available)
- 1½ cups (225 grams) fresh berries (your choice)
- 3 Medjool dates, chopped

Spread half of the dairy-free yogurt in each serving dish, top with a drizzle of maple syrup or honey, and then add the berries and dates, and sprinkle the grape nuts and walnuts over the top.