

'BP'S NUTRITIOUS NINE'

5.0 L Tupperware container.

2 x 750g Quick Oats

1 x 250g Shredded Coconut

1 x 125g Slivered Almonds

1 x 200g Sunflower seeds

1 x 250g Chia Seeds

1 x 125g Cocoa Nibs

2 x Lge Tbsp Ground Cinnamon

1 x Tbsp Ground Ginger

Honey – added to taste.

Shake it up real good!

