

SEEDFUL YOGURT

WILLIAM G. MCARTHUR 9/27/2011

This is a topping for chopped fresh fruit, which I normally eat for lunch. I use a hand electric blender to combine the ingredients.

- 6 oz. pack of Dannon Lite & Fit nonfat yogurt (80 calories)
- 1 round tbsp. pumpkin seeds¹
- 1 round tbsp. flax seeds¹ (preferably ground)
- 1 round tbsp. hemp seeds¹ (preferably ground)
- 1 round tbsp. chia seeds²
- 1 tsp. chlorella¹
- 1 tsp. spirulina²
- ¼ to ½ cup filtered water to obtain desired consistency

¹ Described in *Thrive: The Vegan Nutrition Guide to Optimal Performance in Sports and Life*, by Brendan Brazier

² Described in www.NutsOnline.com