

# Fruit & Hemp Seed Bowls

6 ingredients · 5 minutes · 2 servings



## Directions

1. Divide all the ingredients into bowls. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Additional Toppings

Top with nuts, seeds, rolled oats and/or nut butter.

### No Coconut Milk

Use almond, soy, rice or oat milk instead.

## Ingredients

- 1 Apple (cored, chopped)
- 1/2 Banana (sliced)
- 1/4 tsp Cinnamon
- 2 tbsps Raisins
- 1/4 cup Hemp Seeds (can sub flax seeds or chia seeds)
- 2/3 cup Plain Lite Coconut Milk