

Chocolate Femp (Flax Hemp) Cereal

Ingredients:

1/2 cup flax meal
1/2 cup chocolate hemp protein powder (or use plain protein powder)
1/8 c. or more coconut water
1 Tbsp. coconut oil
1 Tbsp. cinnamon
optional: 1/4 c. dried goji berries and or 1/4 c. your choice nuts or cacao nibs

Method:

1. Mix flax meal with protein powder.
 2. Add coconut water, coconut oil and cinnamon. Mix until pasty. Add more coconut water if still too dry.
 3. Place on to a sheet of parchment that is the size of your cookie sheet. Press into a large rectangular shape and then finish by rolling out to an even thickness. (1/8" or less is good)
 4. Set right into your pre-heated oven for 15 minutes.
 5. Remove cookie sheet from oven and, with a pizza slicer, slice the rectangle of future cereal into lines about 1/2-1" apart. Rotate the cookie sheet 45 degrees and repeat. (I did *not* just say "pizza" and "cookies" in the same sentence!)
 6. Place back into the oven and turn temperature down to 200 F and leave in for another 15 minutes, or until crispy. Remove tray and cool for 5 minutes. Break into cereal bitty bites and cool completely.
 7. Optional: Add any combo of dried goji berries, nuts and cacao if you like, and serve with whatever you like.
- Some of my ideas are: rice milk, almond milk, coconut milk, goat or cow's milk yogurt and on top of my smoothie!