

Start the day right with a bowl of this granola type topping over fruit and yogurt, either at home or on a camping trip! Make extra for other mornings.

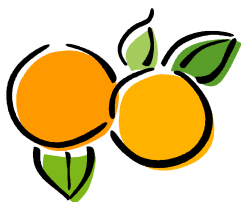
Serves 4

Breakfast Crunch



1/4 c. raw sunflower seeds
1/4 c. chopped pecans
1/4 c. sesame seeds
2 Tbs. grated, chopped orange peel (or more to taste)
2 Tbs. honey
1/2 c. dried figs or dates, chopped

2 oranges
2 speckled bananas, sliced
1-1/2 c. SCD homemade yogurt



In a dry skillet, roast sunflower seeds and pecans for 3 minutes over low to medium heat, then add sesame seeds and roast 2-3 minutes more. Stir, watching closely so that it doesn't burn. Remove from heat. Remove orange peel with a vegetable peeler, then chop finely. Add peel, honey and dried figs or dates. Stir well and cool.

Peel and cut up orange. Divide yogurt between 4 bowls and top with orange pieces and banana slices. Sprinkle 1/4th of the crunchy topping over each bowl.