Breakfast

Ingredients: 8 tablespoons of whole grain oat flakes  
 1 banana sliced  
 1 fuji apple grated  
 4 mission figs quartered  
 2 tablespoons of flax seeds  
 8 tablespoons of walnut pieces  
 1 quarter cup of fresh raspberries

Mix together all ingredients until they are well blended

Serves 4