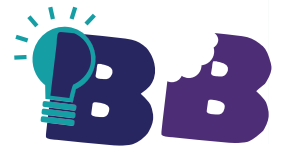




BALANCED BREAKFAST PORRIDGE



INGREDIENTS

SERVING SIZE: 4

PORRIDGE

- ½ cup of walnuts (previously soaked overnight)
- ½ cup of pumpkin seeds
- 1 can of organic full-fat coconut milk (no guar gum added)
- ½ cup of chia seeds
- ½ cup of ground flaxseeds
- ½ tsp salt
- ½ cup of filtered water

TOPPINGS

- ¼ cup of seasonal fruit of choice
- ¼ tsp of Ceylon cinnamon
- ½ tsp of maple syrup or monk fruit for sweetness
- Additional nuts and seeds
- Zest of lemon or orange

DIRECTIONS

- 1 Add walnuts, pumpkin seeds, coconut milk, water, and salt to a food processor or stand up blender. Mix until smooth.
- 2 Add additional chia seeds and flaxseeds, pulse until both are incorporated well into the porridge.
- 3 Place desired amount into a saucepan and warm over medium heat, making sure to stir the porridge occasionally.
- 4 Heat for ~ 5-7 minutes.
- 5 Pour into a bowl and customize your porridge with toppings of your choice.

Tips and Variations

- You can refrigerate and store the porridge in an airtight container overnight and heat it on the stovetop the next day.
- Alternatively, the porridge can be consumed cold.