



## Grain-Free Breakfast Porridge

adapted from Andrea Nakayama

This porridge is quick and easy. You can change the ingredients for different flavors. For example you can use sunflower or hemp seeds instead of the pumpkin seeds; substitute another favorite nut instead of the walnuts; include the coconut or leave it out.

1 serving

1 Tb raw flax seeds

2 tsp chia seeds

2 Tb shredded coconut

1 Tb raw pumpkin seeds

6 walnuts

1/2 tsp cinnamon

1/2-3/4 cup very hot filtered water

4-8 drops plain or vanilla stevia liquid

2-4 Tb almond or coconut milk, to your taste

1/2 cup chopped apple or fresh berries

- In a coffee grinder, flax seeds, chia seeds until they are a fine powder
- Add the coconut, pumpkin seeds and walnuts.
- Grind until to a bread crumb like texture ( I don't like it too fine but if you want to make it finer that is ok too.) see picture below
- Transfer to a bowl and cover with the hot water.
- Let sit for 5 minutes to thicken.

- Add stevia and coconut milk stir well.
- Top with fruit.

Note: you can make a large batch of this cereal in advance without the water, stevia, nut milk or fruit and store it in single servings in the freezer so it's ready to go when you need it: defrost overnight in the refrigerator and enjoy!

Here is a picture of the ground up mixture in the spice grinder.

