

# Pumpkin Apple Porridge

Gluten Free, Dairy Free, Vegan, Paleo

4 servings

2 Tb chia

1 ½ cup unsweetened almond milk or [make your own](#)

1 green apple, chopped (peel if not organic)

1 15 oz [can organic pumpkin](#) or 2 cups cooked fresh pumpkin

pinch of celtic sea salt

1 ½ tsp pumpkin pie spice

¼ tsp vanilla extract

1-2 Tb honey or 6-8 drops stevia (to taste)

cinnamon for garnish

- Soak the chia seeds in 1 cup almond milk for 30 minutes or overnight stirring a few times during the first 15 minutes.
- Place the chopped apple, remaining ½ cup almond milk, salt, pumpkin pie spice and vanilla into a high speed blender. Process until smooth about 1 minute.
- Pour into a saucepan, along with the chia and almond milk. Simmer on low for about 5 minutes until the apple is cooked.
- Add sweetener to taste.
- Serve warm or at room temperature topped with a sprinkle of cinnamon
- Refrigerate for up to 5 days. Reheat when ready to serve.