

Warm LCHF porridge

Serves 1 (large portion) or 2 (small portions)

Ingredients:

- 1 tablespoon pumpkin seeds
- 1 tablespoon flax seeds
- 1 tablespoon sunflower seeds
- 2 tablespoons desiccated coconut
- ¼ cup of your favourite raw unsalted nuts (e.g. pecans, almonds, macadamia, walnut)
- ½ teaspoon vanilla extract
- 1 cup boiling water (replace a little of the water with cream for extra creamy decadence)
- 1 tablespoon coconut oil
- Pinch of salt
- Knob of butter (for serving)
- Sprinkling of ground cinnamon (for serving)
- Sprinkling of xylitol or stevia (for serving)



Instructions:

1. Put dry ingredients in a blender and blend until finely ground.
2. Add boiling water and coconut oil to blender and blend until porridge is smooth.
3. Pour porridge into a bowl and garnish with a knob of butter and a sprinkling of ground cinnamon.

Hint: Measure out all the dry ingredients and place in the blender the night before. Prepare the other ingredients so that they are "ready to go". This will then be a very quick, warm and satisfying breakfast that will get you to work/school on time.

