



COCONUT FLOUR PORRIDGE

ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 3 mins

Cook time: 5 mins

Serves: 1



INGREDIENTS

- 2 tbsp flax meal
- 2 tbsp coconut flour
- 3/4 cup water
- Pinch pink rock salt
- 1 large egg, beaten
- 1/2 tsp ground cinnamon
- 1 tbsp coconut oil
- 1 tbsp coconut milk
- 1 tbsp brown natvia

METHOD

- In a small saucepan add flax meal, coconut flour, water and salt.
- Heat to medium and stir until simmering.
- Reduce heat and whisk until it starts to thicken.
- Remove from heat and whisk in the egg quickly (don't allow the egg to set)
- Return to the heat and whisk until it thickens again.
- Remove from the heat, stand 30 seconds, then whisk in the oil, milk and natvia.
- Serve with berries and coconut yoghurt.