



Almond butter porridge

Grain-free, high fat, satisfying. Serves 2. Per serve Cal: 300; Pro: 8.5 g; Fat: 26.5 g; Carbs: 4 g

Serves: 2, Prep time: -, Cook time: -

Instructions

Bring all ingredients to a simmer (not boil) and stir continuously to prevent burning but it is heated through.

Ingredients

- 3 tablespoon Almond butter (around 40g)
- 6 tablespoon Coconut cream
- 0.25 cups Desiccated coconut
- 1 cups Unsweetened almond milk
- 2 tablespoon Chia seeds
- 2 teaspoon Vanilla extract
- 1 teaspoon All spice
- 2 teaspoon Cinammon