



## Flaxseed chia porridge

Warm and delicious, sneaking in some vegetables too, boosting fibre content. Serves 1. Per serve:  
Cal: 305; Fat: 11g; Pro: 36g; Carbs: 8g

**Serves: 1, Prep time: 00:05, Cook time: 00:10**

### Instructions

Grate or process cauliflower until it resembles 'rice'. Transfer to a pot and add all other ingredients. Mix until combined while heating and the almond milk is absorbed.

Serve with additional coconut yoghurt or Greek yoghurt.

### Ingredients

- 100 grams Cauliflower
- 3 tablespoon Ground flaxmeal
- 1 tablespoon Chia seeds
- 250 milliliters Almond milk, unsweetened
- 25 grams Pea protein powder, vanilla