

## Cauliflower Porridge with Blueberries

Tracy Gribben Nutrition  
tracygribben@aol.com

---

I mean cauliflower porridge...c'mon!! But you seriously have to give it a try!!

Swapping your 'trusty' porridge oats in the morning for cauliflower rice can have a huge impact on your blood sugars. Result...bye, bye weight gain - hello trimmer you!!





## Cauliflower Porridge with Blueberries

4 servings  
10 minutes

### Ingredients

2 cups Canned Coconut Milk (full fat)  
4 cups Cauliflower Rice  
2 cups Blueberries

### Directions

- 1 In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about five to eight minutes, or longer until your desired consistency is reached.
- 2 Divide into bowls or containers and top with the blueberries. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving equals approximately one cup of cauliflower porridge and half a cup of blueberries.

**More Flavor:** Add coconut butter, coconut cream, cinnamon, sea salt, lemon juice, or vanilla extract.

**Additional Toppings:** Add almond slices, hemp seeds, or your choice of sweetener.