

Grain-Free Coconut Almond Porridge

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Grains can be a problem for some people and can disrupt blood sugars leading to cravings and weight gain. As you transition into menopause, it may be time to take a new approach! Try this grain free option to create a great start to your day!!





Grain-Free Coconut Almond Porridge

1 serving
10 minutes

Ingredients

3/4 cup Unsweetened Almond Milk
1/4 cup Almond Flour
1/4 cup Unsweetened Shredded Coconut
1 tbsp Ground Flax Seed
1/2 tsp Cinnamon

Directions

- 1 Add all of the ingredients to a saucepan over medium heat. Whisk continuously until your desired thickness is reached, about 3 to 5 minutes.
- 2 Divide into bowls and enjoy!

Notes

No Rice Milk: Use an alternative milk of your choice.

Likes it Sweet: Add raisins, dates, maple syrup, honey or your sweetener of choice.

Leftovers: Refrigerate in an airtight container up to 3 to 5 days.

Serving Size: One serving is equal to approximately 1 1/4 cup of porridge.