

## VeraVia – Paleo Porridge (grain free)

### Ingredients:

1 very ripe banana or plantain, mashed well  
2 c. coconut milk or almond milk  
¼ c. ground flax  
¼ c. hemp  
¼ c. chia  
¼ c. almond meal  
1 tsp. cinnamon  
1/8 tsp. nutmeg  
1/8 tsp. salt

*Optional: stevia or monk fruit sweetener*

**Toppings:** toasted coconut, seeds, nuts, and or berries

### Method:

- Combine all but sweetener and toppings in medium sauce pan heating at a slow simmer. Cook 5 minutes or until thickened.
- Mixture will continue to thicken after it is served, so extra milk may be needed.
- Serve in cereal bowl with added sweetener and toppings.