



Porridge

INGREDIENTS:

- 10g Hemp Seeds
- 20g Chia Seeds
- 30g Oats
- 1/2 cup milk of choice (add more if needed)
- Pinch of Salt
- 1/2 tbsp Monkfruit/Sweetener of Choice

OPTIONAL:

- 1 tbsp Dutch Processed Cocoa Powder
- Toppings:
 - Cocoa nibs, chocolate chips, granola, coconut flakes, pumpkin seeds, nuts, nut butter, fruits etc.
- Combos:
 - Chocolate porridge: strawberries, cocoa nibs, chocolate chips, nut butter, coconut flakes.
 - Peaches and Cream: peach, greek yogurt, pumpkin seeds.