

# Chocolate Almond Hemp Seed Porridge

1 SERVING 10 MINUTES



## INGREDIENTS

1/2 cup Canned Coconut Milk (full fat)  
1/2 cup Water  
2 tsps Monk Fruit Sweetener  
2 tsps Cocoa Powder  
1/4 tsp Vanilla Extract  
3 tbsps Hemp Seeds  
1 1/2 tbsps Ground Flax Seed  
1 tbsp Chia Seeds  
1 tbsp Almond Butter  
1 tsp Unsweetened Shredded Coconut  
1 tsp Cacao Nibs  
1/4 cup Strawberries

## DIRECTIONS

- 01 Heat the coconut milk and water over medium heat. Just before the milk starts to bubble stir in monk fruit sweetener, cocoa powder and vanilla. Whisk until well combined.
- 02 Reduce heat to low and whisk in the hemp seeds, ground flax and chia seeds. Let it simmer while stirring frequently until the porridge has thickened. If the porridge becomes too thick, add a tablespoon of additional water or coconut milk at a time until desired consistency is reached.
- 03 Transfer the porridge to a bowl and stir in the almond butter. Top the porridge with the coconut, cacao nibs and strawberries. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	635	Carbs	31g
Fat	55g	Protein	20g