

Almond Meal Porridge

This is just delicious - and can be topped with anything you like....its the perfect winter meal, and a nice change from traditional oats.

Serves 2.

Mix in a saucepan over low heat (be careful not to make it too hot - you don't want to oxidise the almond meal):

1/2 cup Almond Meal

1 cup Almond Milk

Ground Cinnamon

Ground Nutmeg

Once it starts to thicken, add some roughly chopped almonds or I like to add LSA mix. Continue to stir for another minute or so. Divide into bowls and serve with your choice of toppings.



The picture is with stewed apple, pomegranate and natural yoghurt, but i also love chopped Banana and a bit of unprocessed Maple Syrup.....add whatever you like/have in the house at the time!

Hayley xx