



SNACK  
OR  
BREAKFAST

## FRAGRANT PORRIDGE

### INGREDIENTS

- 1/2 cup oats
- 1 cup unsweetened almond milk
- 1 Tbsp pumpkin seeds, chopped
- 1/2 tsp ginger powder
- 1/2 tsp ground cinnamon
- pinch of nutmeg
- 1 Tbsp hemp seeds
- 1 Tbsp almond butter
- 1 Tbsp chia seeds
- 1 tsp maple syrup
- fresh fruit for serving

### PREPARATION

1. Prepare all the ingredients.
2. Heat 1 cup of filtered water, add the oats and bring to boil. Add more water when it gets too thick.
3. Reduce the heat, add almond milk, pumpkin seeds, ginger powder, cinnamon, nutmeg and stir frequently until the oats soften and porridge is creamy.
4. When done, remove from the heat, add the seeds, almond butter, maple syrup and top with fresh fruit and more seeds.