

Pumpkin Porridge



By Dana Brandt-Tinker

INSPIRATION

Fall is my favorite time of year. Warm fuzzy sweaters, scarves, maple syrup, hot chocolate and all things pumpkin. I started making this instead of oatmeal several years ago. I love the how it warms my belly and tastes like pumpkin pie. Honestly, I enjoy this year-round. Yes, I love pumpkin that much!

INGREDIENTS

- 5 ounces canned pumpkin (Farmers Market brand)
- 2 TBSP almond butter (I prefer homemade)
- 3 TBSP almond milk or coconut milk (coconut milk makes it taste sweeter)
- 1/2 tsp alcohol-free vanilla flavoring (Frontier Co-op brand)
- 4 drops alcohol-free NuStevia (NuNaturals brand)
- 1/2 tsp ceylon cinnamon
- 1/4 teaspoon ground allspice
- 1/2 tsp ground ginger
- 2 TBSP hemp seeds
- 2 TBSP unsweetened shredded coconut flakes

DIRECTIONS

1. In a bowl combine pumpkin, almond butter, dairy free milk, vanilla flavoring, stevia drops, cinnamon, allspice and ginger.
2. Heat in microwave for 1-2 minutes.
3. Stir to combine.
4. Top with hemp seeds and shredded coconut.
5. Enjoy!