

Paleo Porridge



Ingredients

- 1 small handful of walnuts
- 1 small handful of pecans
- 2 tbs ground flax seed
- ½ to 1 tsp ground cinnamon
- 1 pinch of ground nutmeg
- 1 pinch ground ginger
- 1 tbs almond butter
- 1 banana, mashed
- 3 eggs
- ¼ cup unsweetened almond milk (add more if you prefer it a little runny)
- 2 tsp pumpkin seeds
- 1 handful of goji berries or fresh berries

Preparation

- Add walnuts, pecans, flax seed and spices to a food processor and pulse it down into a course grain mixture – ensure you don't grind it into powder though.
- Whisk the eggs and almond milk together until the consistency thickens into a custard like consistency.
- Blend the mashed banana and almond butter together and add it to the eggs & almond milk mixture whilst mixing well.
- Then stir in the dry course nut mixture.
- Heat up the "oats" in a microwave oven or, whilst stirring, gently warm up in a pot on the stove until it gets to the consistency you like your oats to be.
- Lastly, sprinkle the pumpkin seeds and berries all over & add more almond milk if needed – enjoy!

PS. Take a Look At These Paleo Diet Resources

- **Paleo Guide**
<http://www.total-health-fitness.com/paleo-guide/>
- **Paleo Meal Plan**
<http://www.total-health-fitness.com/paleo-meal-plan/>
- **Paleo Food List**
<http://www.total-health-fitness.com/paleo-diet-food-list/>
- **Paleo Recipe Book**
<http://www.total-health-fitness.com/info/paleorecipebook.php>