

Coconut Sunflower Porridge

Makes 1 serving

1.5 tsp flax seeds

¼ to ½ cup walnuts, depending on preferred thickness

½ cup unsweetened coconut flakes

½ cup water

1/8 cup sea salt

1 tbsp unsweetened sunflower seed butter

1. Spread the coconut flakes on a cookie sheet and place the sheet in the oven.
2. Turn the oven on and toast the coconut for about 10 minutes, keeping a close eye on it so it doesn't burn.
3. Grind the flax seeds, walnuts, and toasted coconut in a dry blender or food processor.
4. Add the meal to your bowl.
5. Puree the water, salt, sunflower seed butter and stevia (if using).
6. Heat the liquid to a simmer, then pour over the meal and stir to combine.

The porridge will thicken as it cools. I like to top it with extra toasted coconut.