Pumpkin Porridge

Pumpkin Porridge (1 serving)

Preparation time: Less than 10 minutes

Ingredients:

- 1/2 c pureed pumpkin
- 1/2 c unsweetened coconut milk (from carton; can certainly swap for whole coconut milk)
- 1 Tbsp almond butter
- 2 tsp chia seeds
- 1/2 tsp pumpkin pie spice
- 10 grams of protein from your protein powder of choice (Thorne vanilla whey protein isolate used here, ~2.5 Tbsp)
- 1/2 oz (or 2 Tbsp) chopped pecans
- 1/4 c flaked unsweetened coconut
- 1/4 tsp cinnamom

Preparation:

1. In a small pan, mix together pumpkin, coconut milk, almond butter, chia seeds, and pumpkin pie spice on medium or medium low temperature for 5 minutes. Stir a few times while heating.
2. As the mixture begins to simmer, stir in protein powder and pecans. Heat further if needed.
3. Spoon mixture into serving dish. Top with flaked coconut and cinnamon and serve.

Nutritional information:

- 450 kilocalories
- 24 grams carbohydrate
- 14 grams fiber
- 20 grams protein
- 35 grams fat
- 1:1 carbohydrate to protein ratio