

MACADAMIA BREAKFAST PORRIDGE

Ingredients:

½ cup macadamia flour

1 ½ cups water/milk/organic coconut milk

½ cup apple sauce OR one ripe banana

1 egg

1 tablespoon coconut flour

2 tablespoons butter

¼ teaspoon cinnamon

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Pinch of salt

Method:

Mix all ingredients, except butter, cold before heating

Apply heat, add the butter and stir continuously until the porridge thickens and the egg is cooked

If the porridge is too thick, add more fluids

Serve with a topping of dried fruit, fresh fruit, or nuts