



## Oat-free Omega Porridge Mix

A porridge mixture that you can keep in the pantry when you're in need of a quick and healthy breakfast. Just add water and go!



### Ingredients

- |  |                             |
|--|-----------------------------|
| 2 cups popped amaranth, millet or quinoa | 2 teaspoons ground cinnamon |
| 1 ½ cup quinoa flakes                    | ¼ teaspoon ground nutmeg    |
| ½ cup raisins                            | ¼ teaspoon sea salt         |
| ¼ cup roughly ground flax seed           | Pinch ground cloves         |
| ¼ cup hemp hearts                        |                             |
| ¼ cup powdered coconut milk              |                             |
| ¼ cup palm sugar                         |                             |

### Directions

Place all ingredients in a large bowl and toss to combine. Store in an air-tight container until ready to use.

To prepare porridge, place 1/3 cup of the mixture in a bowl with ½ cup boiling water or non-dairy milk. Allow to sit for 2 minutes before consuming.

Makes 5 cups.

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