

Porridge Low GL

6 ingredients · 1 hour · 6 servings

Directions

1. Bring water to a boil and add oats, bring down to a simmer. Stir occasionally until about 1/2 of the water has been absorbed and then add in the hemp seeds, apple and coconut.
2. Lower heat to a low simmer and put lid on pot. Continue to stir every few mins so that it doesn't glue itself to the bottom of the pot. Once almost all of the liquid is absorbed turn off the heat and ignore until all the liquid is absorbed.
3. Stir in chia seeds, dish into bowls and enjoy.

Notes

Optional Toppings

Be creative here - use any combinatino of the following or make up your own! Cinnamon, pumpkin pie spice, walnuts, any nuts or seeds, a little honey or maple syrup, unsweetened almond milk, fruit (fresh or dried)

Ingredients

- 1 cup Steel Cut Oats
- 1/2 cup Hemp Seeds
- 1/2 cup Unsweetened Shredded Coconut
- 1/4 cup Chia Seeds
- 2 1/2 cups Water
- 1 Apple (diced)