



Low Carb Coconut Porridge

Servings: 2

Prep Time: 5min

Cook Time: 10min



Ingredients

- 200 ml coconut milk
- 2 Tbs vanilla extract/essence
- 1 banana – mashed
- 4 eggs – beaten
- 2 Tbs coconut flour
- 2 tsp cinnamon
- 1 tsp salt
- 1 knob butter
- 1 handful assorted fresh berries – for topping

Directions

1. Combine the coconut milk with the eggs, vanilla and mashed banana. In a separate bowl mix the dry ingredients together. Slowly add the coconut milk mixture to the dry ingredients, mixing well to get rid of lumps.
2. Heat a saucepan on low - medium heat with a small knob of butter to prevent sticking. Once the butter is melted and coats the bottom of the saucepan, add the mixture. Stir continuously and keep adjusting the heat for 5 – 7 minutes until the mixture starts to thicken and take on a “porridge” consistency. Be careful not to overcook the mixture. (You will know it has overcooked if it starts to resemble scrambled eggs).
3. Serve immediately in bowls and top with the berries and nuts.