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Pumpkin Porridge

Makes 1 serving

1 Tbsp coconut oil
3 Tbsp ground hemp hearts
1 Tbsp ground almonds
1 Tbsp tahini (sesame seed butter)
½ cup pumpkin purée (or butternut squash purée)
½ tsp cinnamon
2 Tbsp shredded coconut
1 to 4 Tbsp unsweetened coconut milk
Stevia or xylitol to taste

Heat the coconut oil in a small pan over low heat. Add the remaining ingredients, adjusting the coconut milk to achieve the desired consistency. Serve warm.