

Coffee Cacao Porridge

Prep. Time: 5 minutes

Cook Time: 10 minutes

Temperature: Medium heat

Ingredients:

½ cup rolled oats

1 Tbsp cacao powder

¾ cup hemp or almond milk

¼ cup brewed coffee

¼ cup chopped, roasted pecans

1 tsp vanilla extract



Preparation:

1. Place all ingredients except pecans and vanilla into a small pot and cook gently over medium heat. Stir regularly and add a little more milk if the mixture becomes too thick.
2. Cook until the oats have softened to your liking.
3. Stir in the vanilla and pecans and enjoy.

Makes 1 serving.

Variations:

1. May sweeten with stevia, coconut sugar, or organic cane sugar.
2. Add favorite coffee seasonings such as cinnamon or nutmeg during cooking. Season to taste.
3. Top with blueberries or other fruit.

From the kitchen:

Dr. Sandra Cabot