

Creamy Low Carb Protein Porridge 2 Ways



Enjoy this quick 'No' oatmeal on a busy morning. No cooking required. The seeds are a powerhouse source of omega 3 fats and fiber and it boosted with protein

By Karrie Billets

Ingredients

- 2 Tbsp. hemp hearts
- 2 Tbsp. flax seeds
- 2 Tbsp. chia seeds
- 1 Tbsp. almond flour
- 1 Tbsp. vanilla protein powder or collagen powder
- 1/2 tsp. cinnamon
- Sweetener to taste (pure maple syrup, honey, stevia or monk fruit for sugar free)
- 3/4-cup dairy-free milk-adjust as needed for the consistency you prefer

Instructions

1. Combine all ingredients in a bowl and let sit for few minutes
2. Microwave for 1 minute. Stir and heat for another minute
3. Top with berries, coconut, or dairy free yogurt.

Stovetop Cooked Version

Ingredients

- 1 1/2 cups dairy-free milk of your choice
- 1 scoop of high quality protein powder or collagen powder
- 2 tbsp. flax meal
- 2 tbsp. chia seeds
- 2 tbsp. hemp seeds
- 1/2 tsp. cinnamon
- 1 tsp. vanilla
- Sweetener of choice: pure maple syrup, raw honey, monk fruit sugar or stevia

Topping Options

- 1/2 tbsp. peanut butter, almond butter, or coconut butter
- 1 tsp. cacao nibs
- Dairy-free yogurt
- Fresh fruit of choice

Instructions

In a small saucepan whisk together your almond milk, protein powder, vanilla and cinnamon. Whisk until the protein powder has dissolved. Or you can add the milk and protein powder in a jar and shake to mix it more easily, then pour into pan.

Add in your chia, flax, and hemp seeds.

Whisk together for 5-6 minutes over low-medium heat. The mixture will begin to bubble and thicken up. Continue whisking.

After 6 minutes, turn off the heat and let it cool for a couple of minutes. The porridge will thicken up a bit more. Pour into your bowl and add your toppings!



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