Hearty Flaxseed Almond Porridge

Warm and nutty porridge blending flaxseed and almond meal, perfect for a low-carb, high-protein start to your day.

Servings: 2 **Time:** 10 minutes

Ingredients

- 1/4 cup flaxseed meal
- 1/4 cup almond meal
- 1 cup unsweetened almond milk
- 1/2 cup water
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract
- Pinch of salt
- 1 tbsp chopped almonds (optional for topping)
- 1 tsp chia seeds (optional for extra protein)

Instructions

1. In a small saucepan, combine flaxseed meal, almond meal, almond milk, and water.
2. Add cinnamon, vanilla extract, and a pinch of salt to the mixture.
3. Place the saucepan over medium heat and stir constantly to prevent lumps.
4. Cook for 5-7 minutes, until the mixture thickens to a porridge consistency.
5. Remove from heat and let it rest for a minute to thicken further.
6. Serve warm, topped with chopped almonds and chia seeds if desired.

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