



Maple Cinnamon Pumpkin Porridge

Active Time: 5 minutes | **Total Time:** 5 minutes | **Serves:** 1

Nutrition Information Per Serving

339.8 calories, 36.89 g carbohydrate, 11.06 g fiber, 25.83 g NET carbs, 5.67 g protein, 23.45 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 8 Tbsp(s) Aroy D Coconut Milk
- 1/4 tsp(s) ground cinnamon
- 1 tsp pure maple syrup
- 1 1/2 cup(s) organic canned pumpkin

Preparation

1. Add the pumpkin, maple syrup, cinnamon, and a pinch of salt to a high-powered blender or food processor.
2. Pulse until well blended.
3. Transfer to a bowl and add the coconut milk.
4. Serve.

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