



Grain-free Hot Breakfast Cereal

Ingredients:

- 1/2 cup raw almonds
- 1/4 cup raw walnuts
- 1/2 cup raw cashews
- 1/3 cup unsweetened coconut flakes
- 1 large ripe banana
- 1 3/4 cups pure coconut milk or almond milk
- 2 tsp pure vanilla extract
- 2 tsp ground cinnamon
- pinch of sea salt
- assorted toppings: raisins, honey, blueberries, strawberries, etc. (optional)

Instructions:

Combine nuts in a bowl and add enough filtered water to completely cover them. Add a pinch of sea salt and cover the bowl with a plate. Allow to soak at least 8 hours or overnight.

Once soaking time is completed, drain the nuts in a fine mesh sieve or colander, rinsing them well until the water runs clear.

Add the nuts and coconut flakes to the bowl of a food processor or blender. Add the banana. Pulse mixture into a fine nut meal, being careful to keep the mixture from forming into a paste. (If you manage to form a paste, the recipe will still be entirely possible, it'll simply resemble and have the texture of baby food, which may be unattractive to some!)

In a saucepan, gently heat the coconut or almond milk, vanilla, and cinnamon. Add the banana/nut meal mixture. Stir and bring to a simmer.

Cook cereal at a gentle simmer for about 5 minutes until it's thick and creamy.

Transfer cereal to bowls and top with desired toppings. Enjoy!

Serves 4.