

Pumpkin Tahini Grain-Free Breakfast Porridge

From the kitchen of Jesse Haas, CHC

Serves 1

INGREDIENTS

- 1 Tbsp tahini
- 1/2 cup canned pumpkin (unsweetened)
- 1/4 cup warm water
- 1/4 tsp vanilla extract
- 1/4 tsp cinnamon
- 1 Tbsp shredded coconut
- 1 Tbsp raisins
- 1 tsp raw honey or maple syrup (optional)

DIRECTIONS

1. Combine all ingredients in a small saucepan. Heat over a low flame to a desired temperature.

