

Hot Coconut Flaxseed Cereal

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Ingredients:

- 1/2 cup coconut milk or unsweetened almond milk
- 1/2 cup ground flaxseeds
- 1/4 cup unsweetened coconut flakes
- 1/4 cup chopped walnuts, walnut halves or raw hulled sunflower seeds
- pinch ground cinnamon
- 1/4 cup sliced berries (optional)

Preparation:

Combine the milk, ground flaxseeds, coconut flakes and nuts/seeds in a microwaveable bowl and microwave for 1 minute.

Serve topped with a sprinkle of cinnamon and a few berries if desired.