



Ingredients (makes 2 servings)

Dry mix:

- 1 small handful walnuts
- 1 small handful pecans
- 2 tbsp ground flax seed
- 1/2-1 tsp cinnamon
- pinch ground nutmeg
- pinch ground ginger

Wet mix:

- 1 egg
- 1/4 cup unsweetened almond milk
- 1 tbsp almond butter
- 1 banana, mashed

Topping:

- 2 tsp pumpkin seeds
- 1 handful berries

Preparation:

Dry mix:

1. Place walnuts, pecans, flax, cinnamon, nutmeg, and ginger in food processor. Pulse to coarse texture (stop before totally ground into a powder). Set aside.

Tip: Make extra dry mix to use another day. Put it in a sealed container and refrigerate.

Wet mix:

2. Whisk egg and almond milk together until a loose custard has formed.

3. Blend almond butter and banana together thoroughly, then add to egg mixture. Mix well.

Tip: Steps 2 and 3 can be combined by blending all wet ingredients together in a blender or food processor.

Tip: Extra wet mix can be stored in the fridge for a few days

4. Combine wet mix and dry mix in bowls. Stir. Microwave or gently warm on stove top until desired consistency is reached (few minutes). Stir again.

5. Sprinkle pumpkin seeds and berries on top. Add a splash of almond milk if desired.