

Green Banana Porridge

Ingredients:

Serves 4

- 3 large green bananas
- 2 ½ cups water
- 2 cups unsweetened coconut milk
- 1 tsp vanilla extract
- ¼ tsp nutmeg
- ¼ tsp cinnamon
- ⅛ tsp pink salt
- 1 Tbs coconut sugar
- 4 Tbs hemp seeds
- 4 Tbs chia seeds
- 2 plantains



Directions:

1. Remove the skin from the bananas.
2. Slice banana into large discs and put in a blender with water and puree.
3. Pour the pureed banana into a sauce pan and bring to a boil, then reduce to medium heat and continue stirring.
4. Add in the coconut milk, spices, and vanilla.
5. Add the coconut sugar and reduce to low and continue simmering for 5 additional minutes, stirring to avoid lumps.
6. Top with chia seeds, hemp seeds and sliced plantains before serving.

Nutrition Facts

5 servings per container
Serving size **1 cup**

Amount per serving

Calories 280

% Daily Value*

Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 48g	17%
Dietary Fiber 6g	21%
Total Sugars 25g	
Includes 3g Added Sugars	6%
Protein 4g	
Vitamin D 1mcg	6%
Calcium 60mg	4%
Iron 1.7mg	10%
Potassium 690mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.