



Coconut Whole Grain Porridge

Calories:228

Carb:42.7g

Fat:5g

Protein:3.8g

Prep time:5 mins

Cook time:10 mins

Total time:15 mins

Servings:1

Category: Breakfast

ingredients

- ½ cup cooked whole grain bulgur
- 1/3 cup coconut milk
- 2 tbsp unsweetened coconut flakes
- 1 tbsp coconut sugar
- Pinch salt

directions

- In a small pot over medium heat, add coconut milk, bulgur, coconut flakes, sugar and salt.
- Bring the mixture to a boil, reduce the heat and simmer until thicken for about 4-6 minutes.
- Serve with toppings of your choice, enjoy!