

AIP Pumpkin 'Porridge' - by Healing Family Eats

I suggest you use a medium sized flat wire whisk, rather than a wooden spoon. That way you won't end up with any lumps of flour in the mixture.

(serves 4-6)

1 x 15oz can unsweetened pumpkin purée (I use [this one](#))

1/3 cup + 2 tbsp (60g) coconut flour (I use [this one](#))

1/2 tsp sea salt (I use [this one](#))

3 cups (750ml) coconut milk (I use [this one](#))

2 tbsp gelatine (I use [this one](#))

2 tbsp raw honey

2 tsp alcohol free vanilla extract (I use [this one](#))*

Pour 1 cup coconut milk into a small pan and sprinkle over the gelatine. Leave for 5 minutes to bloom. Meanwhile put the pumpkin, coconut flour, salt and remaining coconut milk into a large bowl, and stir to amalgamate. Gently heat the gelatine mixture, ensuring it doesn't boil, then add the honey and continue stirring a second or two till melted. Add this to the pumpkin mix, along with the vanilla extract, and whisk till smooth. Leave for at least 10 minutes to thicken.

Pour into breakfast bowls and serve with fresh berries. Any extra can be put into small glasses or ramekins for dessert.

* Please note that vanilla extract containing alcohol is not suitable for strict AIP. If you don't want to use the one specified, then leave it out altogether.

