

Please be advised that not all of the recipes are appropriate for all people.  
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

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## Banana Nut Porridge

(Recipe from Danielle Walker's Against All Grain)

### Ingredients:

- ½ cup raw cashews
- ½ cup raw almonds
- ½ cup raw pecans
- 1 very ripe banana
- 2 cups coconut milk
- 2 teaspoons cinnamon
- Dash of sea salt for soaking water

### Directions:

- Place the nuts in a large bowl and sprinkle the sea salt over them. Fill the bowl with filtered water so the nuts are covered by at least 1 inch of water. Cover and soak overnight.
- Drain the nuts and rinse 2 or 3 times, until the water runs clear.
- Add the drained nuts to a food processor or high-speed blender. Blend the nuts with the banana, coconut milk, and cinnamon until smooth.
- Put all of the porridge in a pot on the stove and heat over medium-high heat for 5 minutes.
- Serve with raisins, chopped nuts and an extra splash of milk if desired.