Low Carb Cinnamon Flax Meal Porridge

Ingredients:

* 4 tbsps ground flaxseed or flax meal
* 4 tbsps light cream or coconut milk
* 1 cup water
* Sweetener (or to taste) (stevia, monk fruit or honey)
* ground cinnamon (to taste)

Directions:

* Combine all ingredients in a microwavable bowl (cook on stove) and cook on high for 2 minutes.
* Serve hot.