**Hot 'N Creamy Pumpkin Flax Cereal**

**Ingredients**

* 1 c. coconut milk (I like to make my own)
* 1/2 c. pumpkin puree (here's how to do that at home)
* 2 heaping T. honey (stevia or monk fruit)
* 1/4 c. flax meal
* 2 T. coconut flour (I like to make my own)
* 1 t. cinnamon
* 1 T. vanilla (I like to make my own)
* pinch of kosher salt
* (Add serving of Sp Vanilla Protein Powder

**Instructions**

* 1

In small saucepan, whisk together milk, pumpkin, and honey over medium heat until honey is dissolved.

* 2

Stir in flax, coconut flour, and cinnamon and heat until almost boiling.

* 3

Remove from heat and stir in vanilla or chocolate and salt.

* 4

Let stand a few minutes to thicken.

* 5

Enjoy. 🙂

**Notes**

* For a yummy chocolate version, add 2 tablespoons of cocoa powder.  😉
* Makes 2 small servings.

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