

# Mark's Kitchen

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This week's recipe is from Nutritional Therapy Practitioner and Paleo chef, [Kelsey Ale](#). This Apple Cinnamon Breakfast Porridge is a comforting grain-free alternative to oatmeal, packed with anti-inflammatory and high-fiber flaxseeds, tart green apple, and coconut milk for some energy-boosting healthy fats to power up your day. Kelsey also incorporated collagen protein into this porridge, which adds a complete source of protein without changing the flavor or texture. I love that this recipe has no added sweeteners; apples and vanilla extract provide just the right amount of sweet flavor on their own. Warm and spicy cinnamon brings it all together for the perfect morning meal.

## Grain-Free Apple Cinnamon Breakfast Porridge

Ready in: 6 minutes

Serves: 1

### Ingredients:

- 2 tablespoons flax meal
- ½ cup coconut milk
- ½ a green apple, peeled, cored, and diced
- 1 scoop collagen protein powder
- 2 tablespoons almond butter or coconut butter
- ½ teaspoon cinnamon
- Dash of sea salt
- ¼ teaspoon vanilla, optional
- Chopped nuts, cinnamon for garnish, optional

### Directions:

Step 1: Combine all ingredients in a blender and blend until smooth.

Step 2: Transfer the mixture to a small saucepan and heat over medium-low, about 3-5 minutes, until the mixture begins to thicken.

Step 3: Top with optional chopped nuts and cinnamon, serve warm, and enjoy!

Nutritional analysis per serving: calories 331 • fat 23g • carbohydrate 20g  
• sugar 6g • protein 15g