

## Chia Porridge

- 1 c water, hot or cold
- 1/4 c [hemp seeds](#)
- 3 T [chia seeds](#)
- 1 T ground [flaxseeds](#)
- 1 c fresh fruit, cut up–blueberry blackberry, strawberry, banana
- 1/4 c mixed nuts; [raw cashews](#), [almonds](#), [pecans](#), [walnuts](#) or [hazelnuts](#)
- 1 T dried fruit–pitted [cherries](#), [mulberries](#)
- a pinch of sea salt
- a pinch of [cinnamon](#) (optional)
- 1/4 t [vanilla](#) (optional)
- 2 t maple syrup or [coconut sugar crystals](#) (optional)

To make [hemp milk](#), blend the water and the hemp seeds in a blender or a magic bullet for about 20 seconds.

Pour the hemp milk into a small mixing bowl.

Add the chia seeds, wait 2 minutes, mix, wait 2 more minutes then mix again.

Add all other ingredients, tasting for sweetness to see if maple syrup is needed. I find it sweet enough with the fresh and dried fruit.