

## Chia Seed Porridge Lite

- 2 T [hemp seeds](#), or [sesame seeds](#)
- 2 T [chia seeds](#)
- 2 T freshly ground [flax seeds](#) (Grind a cup full at a time in a food processor and refrigerate)
- 1 cup blueberries
- 1 T dried [mulberries](#) (or your favorite dried fruit)
- 1 peach, diced
- 14 walnut halves, lightly toasted and halved again (or your favorite nuts)
- 2 T [Grape Nuts](#) cereal

Mix the hemp or sesame seeds with 1 cup of water in a food processor to make 'milk'. Or, use 1 cup of [almond milk](#) and just add the hemp or sesame seeds. Add the chia seeds and the flax seeds. Wait 2 minutes, then stir. Add all other ingredients, except the Grape Nuts, which are added to each portion just before serving. Keeps well in the refrigerator for a day or two. Serves 2.

This combination will keep you full, but not too full for several hours. It is great as a snack food and can easily go without refrigeration, making it ideal for hiking or biking excursions. As Mark Bittman reminds us, exercise and sunshine can give us the Vitamin D we need in our milkless universe.