



CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Faux Porridge
Low-Grain Breakfast & Satiety

www.consciousrewire.com

Faux Porridge

Low-Grain Breakfast & Satiety

What This Supports

Supports satiety and warm breakfast options without grains.

Why It Works

Cauliflower provides volume while coconut and chia add fats and fiber.

Ingredients

Faux porridge

Ingredients:

head organic cauliflower, grated

can coconut cream + 1/4 cup filtered water

-2 tbsp MCT oil

Directions

Low temperature boil cauliflower until desired tenderness - strain remaining liquid

Stir in:

Best Use

Best used as a breakfast or light meal.

Food Notes & Safety

Store cooled promptly.

Storage & Reheating

Refrigerate up to two days.