



Healthdor

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Paleo Porridge ♦♦

A delicious and nutritious breakfast option inspired by the paleolithic diet. This porridge is made with wholesome ingredients and is gluten-free, dairy-free, and grain-free. It's the perfect way to start your day!

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

100 g	Almond flour
50 g	Coconut Flour
30 g	Chia Seeds
500 ml	almond milk
2 tbsp	maple syrup

1 tsp	Cinnamon
1 tsp	vanilla extract
100 g	Mixed Berries

Directions

Step 1

Stove

In a saucepan, combine almond flour, coconut flour, chia seeds, almond milk, maple syrup, cinnamon, and vanilla extract.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Bring the mixture to a boil, then reduce heat and simmer for 5 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Remove from heat and let it cool for a few minutes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Serve the porridge in bowls and top with mixed berries.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 10 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	10 g	58.82%	58.82%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	10 g	26.32%	40%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	12 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	20 g	71.43%	80%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Seasonality

Winter Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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