

## Delicious Low carb Coconut Porridge

### Description

*This porridge is easy to make and tastes amazing.*

**Prep time:** Five minutes

**Cook time:** Ten minutes

**Total time:** Fifteen minutes

**Servings:** 6

### Ingredients

- 1 cup of unsweetened shredded coconut
- 2 cups of coconut milk
- 2 2/3 cups of water
- 1/4 cup of coconut flour
- 1/4 cup of whole psyllium husks
- 1 teaspoon of vanilla extract
- 1/2 teaspoon of cinnamon
- 1/4 teaspoon of nutmeg
- 30 drops of stevia liquid
- 20 drops of monk fruit liquid

### Instructions

1. Place a pot over medium high heat and add in the coconut. Toast the coconut, then add in water and coconut milk. Cover the mixture and heat until it boils.
2. Remove from heat source and add in the remaining ingredients.