

# HEMP SEED PORRIDGE



LifeShape Clinic

# HEMP SEED PORRIDGE

## INGREDIENTS (SERVES 2)

1 cup skim milk  
½ cup rolled oats  
30g shelled hemp seeds  
2 tsp chia seeds  
2 tsp flaxseed meal  
2 tsp raw honey  
1 banana, sliced  
2 tsp walnuts, chopped  
Pinch of salt

## METHOD

1. In a small saucepan over medium heat, combine milk, oats, hemp seeds, chia seeds, flaxseed meal, and honey. Bring to a boil, then reduce heat to low. Simmer for 4 minutes stirring constantly.
2. Once thickened, divide amongst bowls and top with banana and nuts.

## Nutrition Guide

### PER SERVE

Energy (cal)	330cal
Protein	14.3g
Fat	14.6g
Saturated Fat	1.5g
Carbohydrate	33.5g
Sugar	19g
Sodium	141mg
Fibre	5g

### RECIPE VARIATION

1200

**Breakfast Requirement:** 270-300 cal  
**Meets Requirements:** No  
**Recommendations:** Reduce oats to 1/3 cup  
**Total Meal Calories:** 300 cal

1500

**Breakfast requirement:** 320-350 cal  
**Meets requirements:** Yes  
**Total meal calories:** 330 cal

For more recipes, visit [lifeshapeclinic.com.au](https://lifeshapeclinic.com.au)