

Gingerbread Spelt Porridge

5 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients to a saucepan over medium heat. Stir continuously until your desired thickness is reached, about 3 to 5 minutes.
2. Transfer to a bowl and enjoy!

Notes

No Rice Milk

Use almond milk or cashew milk instead.

No Maple Syrup

Sweeten with raisins, dates, honey, coconut sugar or your sweetener of choice.

No Spelt Flour

Use almond flour instead.

Leftovers

Refrigerate in an airtight container up to 3 to 5 days.

Ingredients

8 fl ozs Unsweetened Rice Milk

1/3 cup Spelt Flour

1 1/2 tsps Pumpkin Pie Spice

1 1/2 tsps Fancy Molasses

1 1/2 tsps Maple Syrup