

Pumpkin Porridge (grain-free)

Shared by: Shannon Nourishing Days

Servings: 4

Ingredients

- 1 29 oz. can **pumpkin puree**
- 1 1/4 cups **whole milk** (*or coconut milk*)
- 3/4 teaspoon **sea salt**
- 4 tablespoons **butter**
- 2 large **eggs**
- 2 teaspoons **pumpkin pie spice**
- 1/4 cup **honey** (*or 2 tablespoons if using sweet apple*)
- 1 large **apple** *diced*
- 4 tablespoons **butter** *for serving*

Directions

Add pumpkin, milk, butter, and honey to a small saucepan. Heat over medium-low heat until hot. Be careful to stir frequently as the thick pumpkin becomes a bit like molten lava.

Stir in the pumpkin pie spice and remove from heat.

In a small bowl beat the eggs. Temper them by adding spoonfuls of the pumpkin mixture at a time while stirring constantly. After four large spoonfuls your eggs will be tempered, meaning they shouldn't scramble if you add them to the hot pumpkin. Pour the egg mixture in, while stirring, and heat over low for 2-3 more minutes until everything has cooked through.

Serve topped with chopped apple, an additional tablespoon of butter, and a sprinkle of nutmeg. Adding granola or nuts as a texture contrast wouldn't be a bad



Directions *(cont.)*

idea either.