

A Warming Spiced Chia Porridge

When last week, during the fierce winter storms in Texas, all I wanted to do was to warm my children and give them comfort there was an ocean between us. And as often my go-to, when I am distressed, I look for relief in the kitchen. In search of something warming but not grain-heavy like oatmeal I played a bit with Vegan Richa's Chia Banana Pudding. The results were exactly what I desired, warming and comforting but light and digestible. I hope you will give it a try this final stretch of winter and enjoy it as much as I did.

Ingredients

- 1 1/2 cup (366 ml) non-dairy milk – a combination of almond and coconut milk is very nice
- 2 medium-sized ripe bananas
- 1/2 tsp (0.5 tsp) pumpkin pie spice or cinnamon + nutmeg
- A splash or two of maple syrup or honey to taste
- A bit of freshly grated ginger
- 4 tbsp each of chia seeds, sunflower seeds, pumpkin seeds, and hemp seeds
- 1/2 raisins or other chopped dried fruit, plus more for topping

Directions

1. Combine all of the ingredients listed up to the seeds and blend until smooth using a blender (immersion or high speed). Alternatively, the banana can be mashed with a fork and mixed with milk and spices.
2. Pour mixture into a saucepan and heat to a simmer. Stir well as it thickens. Add seeds and continue cooking for another few minutes.
3. Turn off heat, add dried fruit and allow to sit for the

seeds and liquid to gel for 15 minutes or more if desired.

4. Warm gently to serve, divide into dishes, and top with remaining dried fruit or fresh if you prefer.

Enjoy!