



## Pumpkin porridge ( OP I )

Serving: 1

Veg

### *Ingredients*

- - 1/2 cup yellow pumpkin
- -1 tsp brown rice powder, mixed with a 1/4 cup of water (optional)
- -2 tbsp coconut milk
- -a pinch of cinnamon
- -a pinch of salt
- -date paste to taste

### *Preparation Method*

- Cut the pumpkin into small pieces, steam, mash. (DO NOT PEEL).
- Boil the mashed pumpkin along with the coconut milk, salt, cinnamon, date paste and the rice paste if you are adding it. Serve hot or cold.