**Breakfast Porridge**

Ingredients:

1. 1- cup organic millet
2. ½ cup organic sunflower seeds
3. 1/3 cup organic sesame seeds
4. 2 tablespoons Zen Basil Seeds ([click here](https://zenbasil.com/shopzenbasil/zenbasilseedbag) to order)

**Note**: You can still make this recipe before the Zen Basil seeds arrive. Just beginning using the Zen Basil seeds once you receive them.

1. 1.5 tablespoon cardamom
2. 2-3 cans unsweetened organic coconut milk
3. 2 cup of filtered water
4. 1 tablespoon Ghee
5. 1 teaspoon salt
6. Organic almond butter

Instructions: Use a pressure cooker to cook this in short amount of time.

Mix together all dry ingredients together. The add 2 cups water and 2 cans coconut milk. Cook in pressure cooker on high pressure for 15 minutes. Top with organic unsweetened almond butter and additional warm coconut milk if desired.