

# Sweet Breakfast Lentils

THM-Friendly: E

- 1 cup (raw) lentils
- 1 cup unsweetened nut milk (preferably boxed coconut milk)
- 2 cups water
- 1/2 cup Swerve Brown
- 2 pinches of mineral salt

Cook these ingredients in an instant pot on high pressure for 9 minutes and then do a manual release. (This will make multiple servings.)

Meanwhile, cook in a saute pan:

- 1/2 cup fresh pineapple
- 1 Tbsp. Swerve Brown

Saute until warm and sticky.

Serve up one cup of lentils. Add half the pineapple and a dollop of nonfat Greek yogurt. Optional: sprinkle more Swerve Brown on top.

enJOY!

