

Creamy Millet Porridge (Serves 2-4)

INGREDIENTS

1 cup Hulled Millet
3 parts liquid:
1 cup plant based milk e.g. organic soy milk
2 cups water
Fruit to serve

METHOD

1. Place millet in a blender if possible and blend to just break the grains, shake or stir so you blend evenly & do not end up with flour.
2. Place broken millet in a medium size pot. Whisk in liquid.
3. Bring to the boil stirring continuously. Approx. cooking time** till thickened and soft 10 mins. You can leave it in the pot; remove from stove top to continue cooking once thickened.
4. Spoon into a bowl with extra plant based milk and top with fruit of your choice e.g. sliced banana, stewed apple, berries.
5. Can be sweetened with a little honey, date puree or 100% pure maple syrup.

** If you haven't cracked the grains and its taking longer to cook just add more liquid of your choice to prevent it drying out.

You can microwave in a large bowl if desired.

