

MILLET PORRIDGE

Wheat-free Gluten-free Dairy-free Vegan

A warm and easy-to-digest meal to kick-start your digestive system in the morning.

Ingredients:

- 1 cup hulled millet
- 3 cups water

Method:

Bring to boil then simmer for 10-15 minutes in covered saucepan until water is completely absorbed.

Serve hot or cold with stewed fruits, prunes etc and sprinkle with cinnamon.

VARIATION:

1. Add a grated granny smith apple, a couple of almonds, a sprinkle of sunflower seeds and linseeds before boiling. When cooked stir through a teaspoon of tahini and top with mixed berries.
2. Add sliced dates (Chinese red dates also work well), wolf berries (goji berries) and assorted chopped nuts and/or seeds. When cooled stir through a tablespoon of flaxseed oil.