

Creamy Millet Porridge

Ingredients:

- 1 cup millet
- 2 cups coconut milk (or milk of choice)
- 1.5 cups boiling water
- pinch salt
- 1/4 cup cocoa powder
- 3 tsp. maple syrup

TOPPING EXAMPLES

- berries, slivered almonds...



servings 3

Directions:

Heat pot over medium heat, add millet and toast for 2-3 minutes (until golden). Add 1 cup of milk, boiling water and salt. Cover pot and let simmer on low for 15-20 minutes. Once cooked, add extra cup milk, cocoa powder, maple syrup and stir until creamy and all combined. Top with desired toppings and enjoy!

Nourish Tip

Millet is a gluten free grain that is loaded with benefits. It is a rich source of magnesium and potassium, both helpful in treating dysmenorrhea (pain during menstruation). Millet helps reduce the risk of diabetes as it is low on the glycemic index, can help promote weight loss because of its high fibre content, and fight aging because of its high antioxidant properties. Millet also contains tryptophan, an amino acid that promotes relaxation and can help balance moods and prevent insomnia.