PICK UP LIMES

Recipe

QUICK-COOKING MILLET BREAKFAST PORRIDGE

▸ ▹ Vegan, gluten-free, oil-free, refined sugar-free, nut-free

Yield: 1 serving
Prep Time: 5 min
Cook Time: 15 min
Total Time: 15 min (excluding soaking time)

INGREDIENTS: MILLET

1/3 cup (65g) millet, soaked overnight*
2/3 cup (160ml) plant-based milk
1/2 (3g) tsp cinnamon
1/8 tsp pumpkin pie spice (optional)
1 ripe medium banana, sliced
1 Tbsp (7g) ground flax seeds

INGREDIENTS: OPTIONAL TOPPINGS

fresh berries
frozen berries, defrosted
sliced peaches, nectarines or kiwi
a square of non-dairy dark chocolate
a light drizzle of agave or maple syrup
roasted nuts or seeds
dried fruit, chopped
roasted coconut flakes

DIRECTIONS

1. Add millet, plant milk, cinnamon and pumpkin pie spice to a small pot on high heat, bring to a boil, then reduce to a simmer for 10 minutes with lid covered. While the millet cooks, prepare any toppings you may want to use.
2. Then add the banana and ground flax seeds to the millet to cook for an additional 5 minutes, again covering the pot with the lid; the banana will disintegrate and add natural sweetness and creaminess to the porridge. The flax seeds will gel and absorb all the excess liquid. Taste test and remove from heat when the millet is soft and chewy to your liking. Add more plant-based milk as needed if you prefer the millet in more liquid, or remove the lid and simmer on low if you prefer the millet to be more thick.
3. Serve warm with fresh fruit or additional toppings. Enjoy!

NOTES

1. ***Speed-it-up:** soaking the millet in water in the fridge overnight before cooking speeds up the cooking process. Be sure to drain the water before cooking. ***If you did not soak*** the millet overnight, simply add an extra 1/2 cup water when cooking, and cook for 20 minutes first before adding the banana and flax seeds for the final 5 minutes.
2. **Variations:** add any fruits, nuts, seeds or other toppings of your choosing.
3. **Storage:** eat immediately. Leftovers can last up to one day in the fridge in an air-tight container. If enjoying leftovers, simply reheat on the stove and add some additional plant milk to bring to desired consistency.