

Millet Pudding

4 cups water
1 cup millet

Bring water to a boil and add millet, turn down to simmer and cook until water is gone, usually about 35 minutes depending on heat.

For a pineapple pudding:

1 can pineapple (sliced or cubed)
2 Tbsp lemon juice (fresh is best)
2 Tbsp honey
½ tsp salt

Drain off pineapple juice and set aside.

In a blender, blend briefly the pineapple to make it well chopped, pour into a large bowl or casserole dish that will hold 6-8 cups and set aside.

Place the pineapple juice, lemon juice, honey, salt into blender then add the cooked millet into the blender and blend very well until very smooth. Pour blended millet mixture into the bowl with the chopped pineapple, stir and serve warm. Great to serve with fresh fruit and/or granola.

This recipe can be altered to taste. I have tried using other juice and fruit in place of pineapple (such as apple juice and cherries). I have found that if you want to experiment, omit the lemon juice. I have also tried this with a can of coconut milk and used bananas for the fruit. Be creative, it is good for the mind and heart. Happy healthy eating!

For a carob millet pudding:

2 Tbst carob powder
1 banana
1 tsp Roma or other coffee alternative
2 Tbsp honey
½ tsp salt
Dairy alternative milk

Place all ingredients in blender, add just enough dairy alternative milk to aid in blending. Serve with granola or with fresh fruit.

