



Millet Pudding

This simple recipe creates a pudding that has just enough natural sweetness to satisfy after a meal.

Ingredients

2 cups water

1/2 cup whole grain millet

1 (8 oz.) can crushed pineapple in 100% pineapple juice, undrained

1 (15 oz) can pears in 100% pear juice, drained

4 whole dates, pitted

2 T light agave syrup (optional)

1 teaspoon vanilla extract

1/4 teaspoon salt

Instructions

Bring water to a boil in a medium pot and add millet. Reduce heat and simmer about 30 minutes, or until water is absorbed. Place hot, cooked millet in a blender with the remaining ingredients and blend until smooth. Pour into a 8x8 pan or individual containers and refrigerate before serving.

SERVING OPTION: Pour 1/2 the pudding into a 8x8 pan, add a layer of sliced bananas (about 2) and then pour the remaining pudding on top and decorate with fresh fruit and a mint leaf. Chill before serving.

