



PURPLE PORRIDGE

By: Clean Eating - Summer 2020

Serves: Makes 10 cups

Ingredients

- 1 1/2 cups whole-grain teff
- 1 cup medjool dates, pitted & chopped
- 1 tbs ground cinnamon
- 1 tsp ground cardamom
- 1/4 tsp sea salt
- 3/4 cup plain unsweetened almond milk + more for serving
- 6 tbs natural nut butter (unsalted)
- 3 cups frozen wild blueberries, thawed
- 2/3 cup hemp hearts
- Pure maple syrup for serving

Nutrition per serving:

Calories: 315

Fat: 12 g

Sat. fat: 1 g

Monounsaturated 4 g

Polyunsaturated 6 g

Carbohydrates: 46.5 g

Fiber: 7 g

Sugar: 18 g

Sodium: 80 mg

Protein: 10 g

Directions

1. In a large pot, bring 6 cups water to a boil. Reduce heat to medium-low to simmer and stir in teff, dates, cinnamon, cardamom and salt. Cover and cook for 10 minutes; stir in milk, cover and continue cooking 5 minutes more.
2. Uncover pot and stir in nut butter until completely incorporated. Stir in blueberries and hemp to heat through, then remove porridge from heat.
3. If serving immediately, transfer to bowls and swirl additional milk (about 1 tbs per serving) and desired amount of maple syrup (about 1 tsp) to each serving. If storing, transfer to mason jars and refrigerate, reheating with almond milk and maple syrup mixed in.
4. Add additional toppings if desired (hemp seeds, pumpkin seeds, strawberries...)