

Teff porridge

Ingredients

- ¼ teaspoon salt
- ½ cup teff flour
- ¼ tsp ground cardamom
- ¼ tsp cinnamon
- 1 tbs unsalted butter
- 2 tbs maple syrup
- 1 ½ cups water

Preparation method

1. Bring the water and salt to the boil in a small or medium pan. Pour in the teff along with the cardamom, cinnamon, butter, and maple syrup. Stir vigorously at first.
2. Turn the heat down to medium/low and let the porridge simmer until it has thickened (about 10 minutes). Stir occasionally to prevent it sticking or burning.
3. When the porridge has turned tender without being mushy and reached a thick consistency remove it from the heat and serve immediately.



5 minutes

Preparation time

10 minutes

Cooking time

Serves 1

By: Innovative

Why not start the day with this tasty nutritious breakfast dish. The high resistant starch content means that you don't feel quite so hungry at "elevenses" time!

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