

Amaranth and Polenta Porridge

Prep Time

5 minutes

Cooking Time

40 minutes

Yields

4 servings

Ingredients

3 cups water
1/2 tsp sea salt
1/2 cup polenta
1/2 cup amaranth
1/2 cup dried cranberries
1/2 cup pine nuts
1-2 tbsps honey
1/4 cup milk (or non-dairy milk)

Directions

1. Put the water into a pot with the salt.
2. Bring saltwater to a boil.
3. Add the polenta and amaranth.
4. Reduce heat and simmer, cover for about 30 minutes, and stir occasionally.
5. After 20 minutes, add in cranberries and stir.
6. When porridge is soft and creamy, remove from heat.
7. Add pine nuts, honey, and milk and enjoy!