

Coconut Millet w/ Blueberries & Toasted Pistachios

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 45 minutes

Step 1: Preparing the Millet

- 2 cups water or Non-Dairy Milk
- 1 cup millet
- 1 cup coconut milk
- 2 1/2 tbsp liquid sweetener
- 1/4 tsp sea salt
- 1/2 cup blueberries
- 1 banana, sliced
- 1/4 cup toasted pistachios

First, gather and prepare your mise en place. Note: because millet soaks up so much liquid, it does not keep well; therefore, it's best to make only what you will eat immediately. This recipe can easily be halved if needed.

To prepare the millet, in a medium pot, bring the water or Non-Dairy Milk (or half and half) to a simmer. Stir in the millet, reduce the heat to medium-low and simmer for about 20 to 30 minutes.

Once the millet has absorbed most of the liquid, add the coconut milk and stir gently. Place a lid on top and cook, stirring occasionally, for another 15 to 20 minutes, or until the millet is creamy and tender.

Note: If you used a non-dairy milk instead of water, you may need to add some water as the millet cooks. Also, be sure to stir frequently, so the millet doesn't scorch on the bottom of the pot.

Also note that the final texture may have some softer grains and some grains that are chewier or even a bit crunchy, this is because some of the millet grains naturally cook quicker than the others. In the end, it helps to add texture to the final porridge.

Remove from the heat and stir in the sweetener and a pinch of sea salt.

Top with fresh blueberries, bananas and pistachios and serve immediately.