

Teff Porridge with Apples, Dates and Pecans

Cooking time: 30 minutes

Serves: 2

Ingredients

½ cup teff
1 ½ cups water
1 Tbsp. butter or coconut oil
6 dates, pitted and chopped
1 small apple, cubed or grated
1 small handful pecans or walnuts, chopped
½ tsp. cinnamon
¼ tsp. cloves
¼ cup nut milk, kefir or plain yogurt



Directions

1. Place a small heavy saucepan on medium-low heat, add the teff.
2. Toast is, stirring frequently to make sure it doesn't burn. After about 5-10 minutes, the grain will begin to make crackling sounds as it starts to pop.
3. Add water, butter or coconut oil, cinnamon, cloves, half the dates and stir well.
4. Bring to a gentle simmer, cover and cook for about 15-20 minutes. If the porridge becomes too thick you can add a little water.
5. Once the porridge is thickened to your liking and the grains are soft, remove from heat.
6. Stir in the milk, kefir or yogurt and apples.
7. Ladle into bowls and top with chopped pecans, and remaining chopped dates.
8. Dust with a little cinnamon and serve.