

Banana Almond Teff Porridge

Vegan, gluten and refined sugar-free, soy free, and low glycemic

Ingredients:

1 cup whole grain Teff (available at Bulk Barn)

1 ½ cups water

1/12 cups almond or coconut milk (unsweetened)

1 tablespoon coconut oil

¼ teaspoon ground cinnamon

1 banana

¼ teaspoon salt

¼ cup sliced almonds

Maple syrup *Optional drizzle on top

DIRECTIONS

1. Bring medium saucepan to medium heat
2. Add water, milk substitute, coconut oil, teff, cinnamon, banana slices, and sea salt, stir well
3. Bring to a boil, once boiling turn heat to medium low, cover and cook for 15-20 minutes, stirring occasionally
4. Portion into bowls and add drizzled maple syrup and sliced almonds.