

## Teff Porridge with Apples, Dates & Pecans



### Ingredients:

1/2 cup HCW Teff Grain

1 1/2 cups water

1 tbsp butter (optional)

6 HCW Pitted Dates, chopped

1 small apple, cubed

Small handful of pecans, chopped

[1/2 tsp HCW Cinnamon Powder](#)

1/4 cup milk

### Method:

1. Place the teff grain in a saucepan. Add the water, butter, cinnamon and half the dates and stir well.
2. Bring to a boil, reduce heat, cover and simmer for about 15-20 minutes. If the porridge becomes too thick you can add a little more

**water.**

**3. Remove from the heat. Stir in the milk and serve topped with apple, pecans and the remaining chopped dates.**

**4. Sweeten with honey or syrup if desired, and dust with a little cinnamon**