

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