

Toasted Teff Porridge with Cinnamon & Pecans



With Winter upon us, here is a simple and delicious porridge recipe using our newest product in store, Teff seed.

Serving size: 2 serves

Ingredients:

3/4 cup Teff grain
1/2 teaspoon ground cinnamon
2 1/4 cups boiled water
3 medjool dates (pitted and chopped)
1/2 pear
2 tablespoons Coyo (natural coconut yoghurt)
2 tablespoons pecan nuts
2 teaspoons maple syrup

Method:

1. In a large saucepan dry roast the teff seeds for 10 minutes, turning regularly. Add the cinnamon and cook for another 2 minutes until the aroma fills the air. (be careful the heat is not too much to burn the seeds).
2. Transfer the teff seed and cinnamon into a medium size saucepan and add the boiling water and dates.
3. Simmer on lowest heat for 2 minutes, stirring regularly to avoid sticking (add extra water if the consistency is too thick for your liking).
4. Once cooked, transfer into two bowls whilst hot, and top with the sliced pear, pecan nuts, coconut yoghurt and maple syrup. (Edible flowers are great here for some colour). Enjoy.

Inspiration:

Try using a different nut or stewing some fruits such as prunes, pear or green apple to serve alongside.

Gluten Free | Dairy Free | Refined Sugar Free | Vegan

If your enjoying experimenting with Teff, try our Teff Pancake Recipe.