



# Indian Cornmeal Delight

## Ingredients

- 1 quart of Soy Milk
- 1 c. cornmeal
- $\frac{3}{4}$  c. honey
- $\frac{1}{2}$  tsp. salt
- 3 c. of diced apples, any variety
- $\frac{1}{4}$  tsp. cardamom
- $\frac{1}{2}$  tsp. coriander
- $\frac{1}{4}$  c. raisins
- $\frac{1}{4}$  c. cashew meal\*

## Instructions

- 1 To your saucepan add the quart of soy milk, corn-meal, honey, and salt.
- 2 Stir thoroughly and let cook until it comes to a bubble.
- 3 Remove from the heat and add the diced apples, cardamom, raisins and the cashew meal. Stir well.
- 4 Add the above ingredients to a casserole dish that has been sprayed with non-stick vegetable spray.
- 5 Bake in a 350 F oven for 45-60 minutes.

\*Cashew meal is simply ground cashews. You can do this yourself in a food processor or a blender using clean, dry raw cashews and process them to a fine meal. You can also buy them in the natural food store in their refrigerated section.