

Millet Pudding

4 cups water

1 cup millet

1 can pineapple (sliced or cubed)

2 tbsp lemon juice (fresh is best)

2 tbsp honey

½ tsp salt



Bring water to a boil and add millet, turn down to simmer and cook until water is gone, usually about 35 minutes depending on heat.

Drain off pineapple juice and set aside.

In a blender, blend briefly the pineapple to make it well chopped, pour into a large bowl or casserole dish that will hold 6-8 cups and set aside.

Place the pineapple juice, lemon juice, honey, salt and vanilla into blender then add the cooked millet into the blender and blend very well until very smooth. Pour blended millet mixture into the bowl with the chopped pineapple, stir and serve warm. Great to serve with fresh fruit and/or granola.

This recipe can be altered to taste. I have tried using other juice and fruit in place of pineapple (such as apple juice and cherries). I have found that if you want to experiment, omit the lemon juice. I have also tried this with a can of coconut milk and used bananas for the fruit. Be creative, it is good for the mind and heart. Happy healthy eating!