

Healthy, Tasty, Convenient!

Deli 4 You
MARKET



Millet with Fruit



2 SERVINGS



15 MINUTES



EASY

Ingredients:

- a glass of millet Kupiec
- a glass of coconut milk
- water
- vanilla pod, Kamis
- Lowell Foods Rapeseed Honey
- a few tablespoons of fig silt
- 2 lime juice
- fresh fruits: raspberries, blueberries, strawberries, currants, blackberries

Preparation:

1. Millet must be poured over with boiling water.
2. Put it into the pot, add coconut milk.
3. We add 3,4 tablespoons of honey. We mix all the time!
4. Add lime juice and cook until the groats soften and thicken.
5. Put the blackberries directly into the groats and mix them, put raspberries, currants and some date jam on top.



Enjoy!