

Vanilla millet pudding

1 tbsp of raisins
2 tbsp of dried figs, diced
1 ½ cup of millet, cooked
1 tsp of Ceylon cinnamon
1 ¼ cup of coconut milk
1 tbsp of maple syrup
1 tbsp of kuzu starch
2 tbsp of cold water
2 tsp of flaxseed, ground
1 tsp of vanilla extract
2 tbsp of dried apricots, diced
1 ½ cup of yellow delicious apples, diced

1. In a saucepan, simmer the raisins, figs, apricot and millet with the cinnamon.
2. Add coconut milk and syrup and simmer for 10-15 minutes
3. Dissolve the kuzu in 2 tbsps of cold water and stir in until the pudding thickens.
4. Stir in ground flaxseeds and all remaining ingredients.
5. Serve warm