

# BLUEBERRY CARDAMOM TEFF PORRIDGE

LOW FODMAP   SERVES 4   PLANT POINTS: 2-4

## INGREDIENTS:

2 cups water  
1 cup unsweetened oat milk  
1 cup whole grain teff  
1 tsp pure vanilla extract  
¼ tsp ground cardamom  
¼ tsp ground cinnamon  
Pinch sea salt  
2 Tbsp pure maple syrup  
2 cups blueberries

## INSTRUCTIONS:

In a medium pot, combine water, oat milk, teff, vanilla extract, cardamom, cinnamon and sea salt.

Bring to a boil, then immediately reduce heat to low and simmer, covered, for 18-20 minutes, or until most of the liquid has been absorbed.

Remove from heat and stir in maple syrup and blueberries. Serve immediately.

## ADD PLANT POINTS:

Add 1 cup fresh raspberries to porridge, and/or top with fresh chopped navel oranges.