



Simple | Healthy | Delicious

Einkorn Pudding

INGREDIENTS

½ cup Nature's Earthly Choice Einkorn
1 cup water
4 cups milk
½ stick unsalted butter
3 eggs
¼ cup honey or maple syrup
1 cup raisins (optional)
½ tsp. vanilla extract
Cinnamon



DIRECTIONS:

1. Boil Einkorn in salted water. Add milk and butter. Stir. Bring mixture to a boil, cover and cook slowly over a low flame for 1 hour. 5 minutes before this hour is up, beat eggs, add sweetener and vanilla. Temper egg mixture by mixing a little bit of the hot milk and Einkorn in with the eggs.
2. Pour mixture into Einkorn, stirring slowly until it thickens.
3. Add cinnamon to taste. Can be enjoyed warm or cold.