



Simple | Healthy | Delicious

Coconut Farro Porridge with Mango

INGREDIENTS

2 (13.5-ounce) cans coconut milk

1 1/2 cups farro

1 cup water

1/3 cup packed light brown sugar

Salt to taste

1/2 teaspoon coconut extract

2 medium mangoes, small dice



DIRECTIONS:

1. Combine coconut milk, farro, water, brown sugar, and salt in a medium saucepan over medium heat and stir occasionally until simmering, about 10 minutes.
2. Reduce heat to low and cook, stirring occasionally, until farro is cooked through and creamy and most of the coconut milk has been absorbed, about 1 hour. Stir in coconut extract and mango and serve.