



Simple | Healthy | Delicious

Whole-Grain Teff Porridge

INGREDIENTS

1 cup Nature's Earthly Choice teff

3 cup water

Pinch of salt



DIRECTIONS:

1. Toast the teff (optional): Measure the Nature's Earthly Choice teff into a frying pan and toast over low heat, stirring frequently. The teff will be done when you hear little pops and crackles, about 2 minutes.
2. Add the water: Immediately transfer the toasted teff into a 2-quart sauce pan. Add the water and a pinch of salt and stir.
3. Cook the teff: Bring to a boil over high heat, then lower the heat to a simmer. Cover the pot and cook for about 15 to 20 minutes. Check the teff at 15 minutes: all the water should be absorbed and the teff should be soft and almost creamy. Stir frequently, especially as the teff begins to thicken, to prevent burning.
4. Rest the teff: When the teff is done, remove it from the heat and let it sit, covered, for 5 minutes before serving.