

# Maple Millet Delight

written by admin | February 20, 2012



Millet is delicious in this sweet breakfast treat. Eating a hearty breakfast helps to curb the urge to snack, prevents irritability and fatigue and helps to stabilize blood sugar levels. Don't skip breakfast!

## **Equipment:**

Chopping Board  
Blender  
Casserole Dish

## **Ingredients:**

1 cup dry millet  
1 cup dates, chopped (or less, if you prefer less sweet)  
1/2 tsp salt  
4 cups boiling water  
1 Tbsp maple syrup  
1 tsp vanilla  
1/3 cup raw almonds  
2/3 cup water

## **Directions:**

1. In a casserole dish, combine the millet, chopped dates, salt, boiling water, maple syrup and vanilla.
2. In a blender, blend the raw almonds and water until creamy and combine with the other ingredients in the casserole dish.

3. Cover and bake at 350 degrees F for 1 hour. Stir before serving. Top with fresh or dried fruit if desired.

from *"Tasty Vegan Delights"* by Gloria Lawson and Debbi Puffer