

Modified Caribbean Cornmeal Porridge



Provides 3-4 servings. Preparation time is 25 minutes

Ingredients:

2 Cups (500mls) Fresh semi-skimmed milk
1 and a half cups of water
1 Cup fine cornmeal flour
1 Teaspoon nutmeg
1 Teaspoon cinnamon
1 Teaspoon vanilla essence

Preparation method:

Mix the cornmeal and water into a paste in a bowl. Bring the milk and remaining water to boil in a saucepan then add the cornmeal paste and stir until thickened. Add the cinnamon, vanilla and nutmeg. Stir to avoid lumps, lower the heat and pop the lid to simmer for 10-15 minutes.

Nutritional information per 100g of edible portion:

Energy (kcal / kJ)	90kcal/381kj
Total Fat (g) <i>of which saturated fatty acids (g)</i>	1.6 0.7
Carbohydrates (g) <i>of which sugars (g)</i>	15 2.9
Dietary fibre (g)	0.8
Protein (g)	3.6
Salt (g)	0.06

Each 197g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
178kcal 751kJ	3.2g	1.4g	5.8g	0.12g
9%	5%	7%	6%	2%

of an adult's reference intake