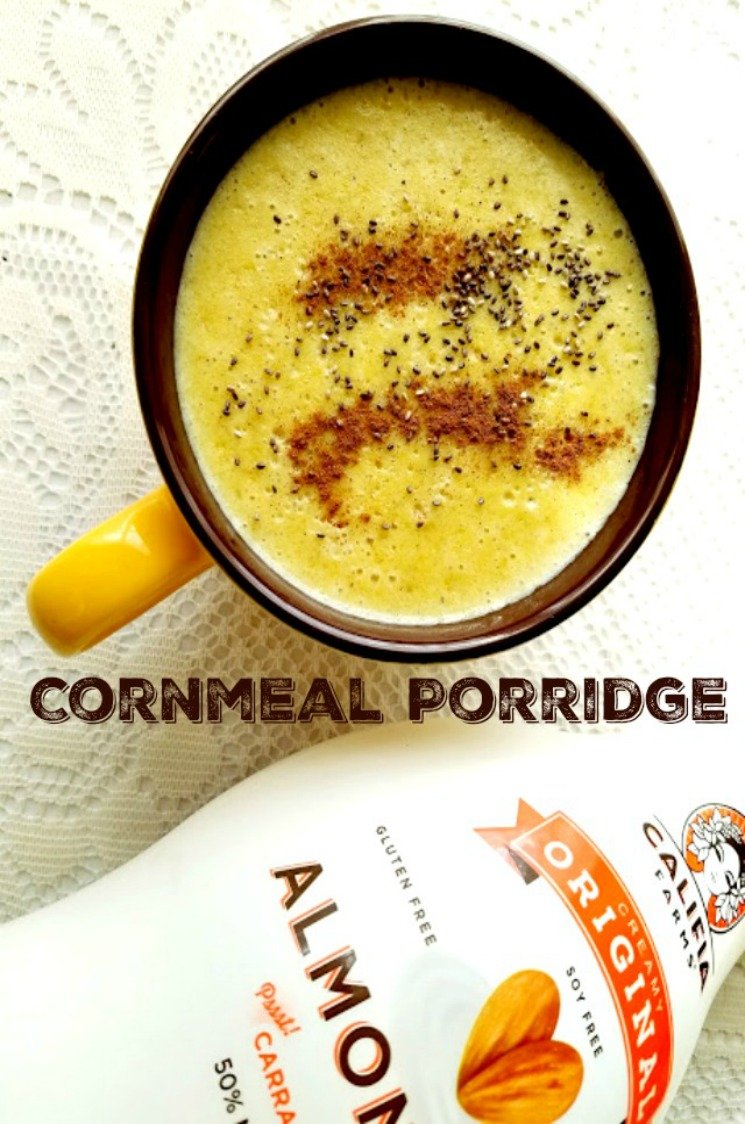
**Corn Meal Porridge**



**INGREDIENTS**

2 cups water, divided

2 bay leaves

1 cinnamon stick

2 cups cold coconut milk

2 cups cold almond milk

1/2 teaspoon ground cardamon

1/2 teaspoon ground nutmeg

1/2 teaspoon ground ginger

1 teaspoon vanilla extract

1/2 cup fine yellow cornmeal

2 tablespoon agave or maple syrup

1 teaspoon ground cinnamon for sprinkling on top

**METHOD**

1. Pour 1 cup water into a saucepan over Medium-high heat, add bay leaves and cinnamon stick, boil for 5 minutes,
2. **Meanwhile**
3. Pour 1/2 cup of cornmeal into a bowl.
4. Add 1 cup cold water to the cornmeal and stir well, set aside
5. **Then**
6. Add remaining cold water , almond and coconut milk to boiling water,
7. Reduce the heat to very low and stir in the cornmeal mixture . Whisk continuously for approximately 3 minutes to avoid lumps.
8. Stir in cardamon, nutmeg, ginger and vanilla extract
9. Continue stirring until mixture starts to thicken
10. Allow to simmer for approximately 5 minutes, stirring frequently.
11. Taste and add more spices as needed
12. Continue cooking on a very low simmer for an additional 5-7 minutes or until desired thickness is formed
13. Sweeten with agave or maple syrup
14. Remove cinnamon sticks and bay leaves and pour into bowls
15. Sprinkle with ground cinnamon and serve hot.
16. Enjoy!

**NOTES**

For a different texture, toss in a handful of raisins, dried bananas or dried cranberries. A few pecans or walnuts can add some crunch to your porridge.  
You can also substitute the coconut and almond milk for evaporated or half and half. The agave or maple syrup can be substituted for sweetened condensed milk, you may need to add about half cup.  
  
I added, ground cinnamon, raisins and chia seeds on my porridge ..Try it.