



# Low FODMAP Tropical Millet Porridge

Serves: 2

Prep: 5 minutes

Cook: 30 minutes



Stack Cup

Ingredients	Metric	Imperial
⅔ cup hulled millet seed	130 g	4.6 oz
1⅔ cups water (boiling)	417 g	14.7 oz
Pinch of salt		
⅔ cup soy protein milk (lactose free milk or almond milk)	170 g	6 oz
2 tbsp dried shredded coconut	40 g	1.4 oz
Strawberries	50 g	1.7 oz
Banana	60 g	2.1 oz
Pinch of cinnamon		
2 tsp maple syrup	12 g	0.4 oz

## Method

1. Toast the millet seed in a saucepan over medium high heat for about 2-3 minutes until it starts to go golden. Add the boiling water and a pinch of salt. Then cover and simmer on the lowest heat setting for 15 to 20 minutes, until most of the water absorbs and the millet is soft. Allow to stand for 5 minutes.
2. Peel and slice the banana, and cut the strawberries into quarters.
3. Once the millet is cooked you can then stir through your choice of low FODMAP milk until it is creamy (add more low FODMAP milk if needed). Stir through the shredded coconut and a few pinches of cinnamon. Divide between two bowls and top with the strawberries, banana and a drizzle of pure maple syrup. Enjoy!

## Hints

Notes for cooking millet night before:

Complete step one in the method. Store the millet in an air tight container in the refrigerator. In the morning break up the millet using a fork. Transfer to bowls and add your low FODMAP milk. Heat in the microwave until warm. Then stir through the cinnamon, shredded coconut and low FODMAP fruit. Drizzle with maple syrup.

Nutrition Information (per serve)	
<b>Energy</b>	1944 Kj / 465 cal
<b>Protein</b>	11.90g
<b>Carbohydrates</b>	57.70g
<b>Sugar</b>	10.60g
<b>Total Fat</b>	18.60g
<b>Saturated Fat</b>	12.30g
<b>Fibre</b>	10.50g