



Ingredients

- ✓ 1 cup almond milk
- ✓ 2½ cups water
- ✓ ¼ tsp. salt
- ✓ 1 cup polenta or cornmeal
- ✓ ½ cup nuts, chopped or sliced
- ✓ ¼ cup dried cherries or other dried fruit
- ✓ 2 Tbsp. unsweetened coconut, shredded
- ✓ 1 Tbsp. chia seeds (optional)
- ✓ 1 Tbsp. coconut oil
- ✓ Fresh fruit (to taste)
- ✓ Maple syrup & almond milk for drizzling

Notes:

- Using walnuts and almonds adds great flavor.
- We suggest sliced strawberries and bananas for the fruit.

Preparation

Heat almond milk, water and salt to a simmer. Add polenta slowly, stirring constantly. Simmer at lowest heat, stirring frequently, until polenta is tender. Timing will depend on size of grain; taste after 20 minutes but it could take up to 40. Meanwhile, mix together nuts, cherries, coconut and optional chia. Remove polenta from heat and stir in coconut oil. Serve in a bowl topped with fruit-nut mixture. Top with fresh fruit and drizzle with maple syrup and almond milk to taste.