

Finger Millet Porridge - Non-Spicy (Kezhvaragu/Ragi/Kurakkan Koozhu)



Directions:

- Take about 1/4 cup of **water**
- Add 2 tbsp. of **Finger Millet powder** 1 tsp of **Pearl Millet powder** to make a thick batter consistency
- Heat a cup of **water** in a sauce pan. When it starts to boil pour the mixture and cook on medium flame while stirring continuously until cooked.
- Transfer it into a bowl. Add **almond milk/coconut milk**
- Optional – add some **brown sugar/coconut blossom sugar/ palm sugar**
- Add 3-4 **dates** cut into pieces
- 1 tsp **flax seed powder** and
- Sliced or crushed **almonds** and

Enjoy accompanied by a bowl of **fresh fruits**