



Makes 4 cups
Preparation Time: 10 minutes
Cook Time: 30 minutes

INGREDIENTS:

2 cups unsweetened, unflavored plant-based milk

½ teaspoon grated fresh ginger

½ teaspoon ground turmeric

6 tablespoons pure maple syrup or date sugar

3 cups cooked millet

1 apple, cored and chopped (1½ cups)

⅓ cup chopped dried fruit, such as raisins, currants, and/or apricots

3 tablespoons sliced unsalted almonds

Golden Milk Millet Porridge

If you've ever visited a trendy coffee shop, you've likely seen a golden milk latte on the menu—a vibrant, spicy-sweet beverage made with milk, [turmeric](#), and ginger to create a chai-like hot drink that warms you up from the inside out. In this recipe, golden milk is used to dress up a simple [millet](#) porridge and turn the neutral-tasting grains into a fragrant feast. A combo of fresh and dried fruit is mixed into the chewy millet to soak up the flavors of the milk so that every element of the dish is infused with warming spices. Complete the dish by adding a crunchy garnish of sliced almonds (or pumpkin seeds if you don't eat nuts) and then dig into this hearty breakfast that will keep your belly full and taste buds tingling for the entire morning.

For more healthy millet recipes, check out these tasty ideas:

- [Curried Millet Sushi](#)
- [Millet and Kabocha Squash Breakfast Parfaits](#)
- [Millet Loaf](#)
- [Curried Millet Cakes with Creamy Red Pepper Coriander Sauce](#)

By Darshana Thacker Wendel

- 1 For golden milk, in a medium saucepan bring milk to boiling. Add ginger and turmeric; reduce heat. Simmer, uncovered, 2 to 3 minutes or until very fragrant, stirring frequently. Whisk in maple syrup. Strain and discard solids; set milk aside.
- 2 Add millet and 1 cup water to saucepan. Cover and cook over medium 10 minutes. Reserve a few pieces of apple and dried fruit for garnish. Stir the remaining apple and dried fruit into the saucepan.
- 3 Spoon porridge into serving bowls and top with reserved fruits and the almonds. Drizzle warm golden milk over top.