

Peasant Porridge



Makes:

2 servings

Utensil:

1 Qt./9 L Sauce Pan with Cover

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Recipe:

Contributed By:

The Saladmaster Guide to Healthy and Nutritious Cooking
Cookbook

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½ cup
bulgur
(95
g)
1 cup
water
(240
mL)
2 tablespoons
raisins
(20
g)
1 teaspoon
brown sugar or unsulfured molasses
(3
g)
½ cup
skim milk, to taste
(120
mL)
½ cup
sliced fresh strawberries, optional
(75
g)

Directions:

1. Combine bulgur, water and raisins in sauce pan over medium heat and cover. When Vapo-Valve™ clicks, reduce heat to low and cook 15 minutes.
2. Stir and top each serving with brown sugar, milk and strawberries. Serve hot.

Tips:

- Substitute strawberries with any fruit of choice or add blueberries, raspberries and/or blackberries for a berry

medley.

- Top with your favorite nuts such as pecans, walnuts or almonds.
- To make this recipe vegan, substitute skim milk for a non-dairy milk such as almond milk, soy milk or oat milk.

Nutritional Information per

▼ Serving

Calories: 116
Total Fat: 1g
Saturated Fat: 1g
Cholesterol: 5mg
Sodium: 33mg
Total 24g
Carbs:
Dietary Fiber: 3g
Sugar: 13g
Protein: 4g