

Fruit and Millet Pudding

Makes eight 130 gram servings



INGREDIENTS:

- ◆ 2 cups Cooked millet (may substitute rice)
- ◆ 1/4 cup raisins
- ◆ 1 cup Crushed unsweetened pineapple
- ◆ 1/4 cup Raw cashews
- ◆ 1 Tsp. vanilla
- ◆ 1/2 Tsp. Almond extract
- ◆ 3/4 cup Hot water
- ◆ 1 medium banana
- ◆ 3 Tbsp. Orange juice concentrate



DIRECTIONS

MIX millet, raisins, and pineapple together and PLACE in a casserole. BLEND the cashews until smooth paste in blender or food processor. ADD. Remaining ingredients and WHIZ until smooth. POUR over ingredients in casserole. BAKE at 350 degrees F. for 45 minutes and SERVE hot.