



GREEN PLANTAIN PORRIDGE

Simple and nutritious rich drink with complex carbs, potassium, and fiber, that is gentle on the digestive system.

 5 minutes 20 minutes 9 portions

INGREDIENTS

- 1 unit of plantains, green, raw [267 g]
- 2 cups [16.9 fl oz] of spring Water [504 g]
- 12 fl oz of beverages, almond milk, sweetened, vanilla flavor, ready-to-drink [360 g]
- 1/2 tsp of ginger root, raw [1 g]
- 2 pinches of cinnamon, dried, ground [1 g]
- 1/4 tsp of spices, nutmeg, ground [1 g]
- 1 dash of salt, table [0 g]
- 1 tbsp of honey [21 g] **or** 1 tablespoon of sugar, brown [20 g]

COOKING METHOD

- 1° Add chopped plantain and water to a blender. Blend until smooth.
- 2° Pour blended mixture into a pot over medium heat. Stir constantly to prevent lumps.
- 3° Once it starts to thicken, add almond milk, ginger, cinnamon, nutmeg, vanilla, and salt.
- 4° Reduce heat and cook for 10–12 minutes, stirring occasionally until creamy and soft.
- 5° Add sweetener to taste and stir well.
- 6° Serve warm, topped with a drizzle of coconut milk or fruit slices like pawpaw or banana (if tolerated).
- 7° If desired add, 1 tbsp rolled oats (for added fiber) and 1 tbsp ground flaxseed (boost omega-3s and texture).
- 8° Pairs well with a side of fruit rich in vitamin C (like guava or pawpaw) to enhance absorption of plant-based iron.

NUTRITIONAL INFORMATION

	PER 100 g	PER 3 PORTIONS (218 g)	% DRI
ENERGY	94 kcal	205 kcal	10 %
FAT	1 g	1 g	2 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	1 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	60 mg	130 mg	5 %
CARBOHYDRATE	22 g	47 g	16 %
SUGARS	7 g	16 g	–
FIBER	1 g	3 g	10 %
PROTEIN	1 g	2 g	–