

Polenta Porridge

1 c. organic polenta

5 c. water

½ t. salt

¼ c. organic pecans, toasted and chopped

1 banana, sliced

Shady Maple Farms organic maple syrup to taste

Bring the water to a boil. Add the salt and pour in the polenta in a steady stream. Using a whisk, stir the polenta continuously. Lower the heat to low, and simmer for 10-12 minutes. The polenta will thicken. Taste for doneness: it should not be mealy or crunchy, but rather smooth and tender. Add the banana slices. Serve at once in bowls drizzled with maple syrup and topped with chopped pecans. Serves 4.

Nutrition (per serving): 431 calories; 10% calories from fat; 5.6g total fat; 0.0mg cholesterol; 239.0mg sodium; 231.8mg potassium; 89.6g carbohydrates; 8.5g fiber; 28.4g sugar; 81.0g net carbs; 7.0g protein.