

Apple Cinnamon Millet Porridge

Plantrician approved recipe by Eydie Desser



Start your day with a warm, nourishing bowl of millet porridge—a naturally gluten-free whole grain rich in magnesium, fiber, and plant-based protein. Paired with antioxidant-packed apples and cinnamon, this creamy, comforting breakfast supports heart health, steady energy, and digestive wellness. Topped with your favorite fruits and nuts, it's a customizable and satisfying way to fuel your morning, SOS-free.

Serves: 3

Ingredients:

- 1 cup uncooked millet, rinsed
- ¾ cup Honeycrisp apple, diced
- ¼ teaspoon cinnamon (preferably Vietnamese)
- 2 cups unsweetened oat milk (plus additional if needed), or other plant milk
- 1 cup water
- Topping options: fresh berries, toasted nuts, dates, shredded coconut, bananas, dried fruit, maple syrup

Directions:

Rinse millet thoroughly until water runs clear. Place rinsed grains in a dry medium sized pot over medium-low heat. Stir occasionally until the grains are dry and just slightly toasted.

Place grains in a blender and pulse on high-speed just until the millet resembles a half flour, half grain mixture.

Return the millet back to the pot and add apple, cinnamon, oat milk and water, stirring to combine. Bring to a boil and then cover and simmer for about 20 minutes. Stir occasionally, adding additional oat milk if the mixture becomes too thick. Porridge is ready when grain pieces are soft.

Recipe Author

Eydie Desser is the founder of Garden of Eydie and a board member of The Plantrician Project. After reversing her high blood pressure through a whole food, plant-based, SOS-free lifestyle, she created Garden of Eydie to inspire others on their path to healing. Find more recipes at GardenofEydie.com.

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