



# Banana-Mango-Coconut Pudding

*Adapted from- Jenni Muir's, A cook's guide to grains*



Featuring Millet

*Recipe based on a traditional Indian pudding*

Serves: 8, serving size: 2/3 cup & cost per serving: \$1.10

## Ingredients

6 tbsp dry millet  
6 large, very ripe bananas, peeled  
2 large, very ripe Mango  
2 tsp vanilla extract or 2 vanilla pods  
100g/4oz palm sugar or ½ cup Sucanat  
8 heaped tbsp coconut flakes or dried shredded coconut



Millet is a gluten-free, whole grain, traditionally used in Indian, Asian & African cuisine. It is a good source of manganese, phosphorus, and magnesium which provide a variety of health benefits.

## Directions

1. In a small saucepan bring 1-1/8 cups of water to a boil. Add grain to boiling water, and simmer covered for approximately 20-30 minutes or until water is completely absorbed & millet is tender.
2. Meanwhile, mash or puree the bananas & mango with the palm sugar or jiggery. Stir in the vanilla extract or open vanilla pod and scrape all of the seeds into the mixture.
3. Stir the sweetened banana/mango mixture into the hot millet until well combined. Remove from heat and let steam, covered for ten minutes more. If not enough steam, you may need to place in a double boiler to steam for 10-15 minutes.
4. Spoon the mixture into a serving bowls and top with coconut flakes. Serve hot or warm.
5. To keep warm, place in a slow cooker on low heat.

**Nutrition Information:** serving size 2/3 c, calories per serving 77kcal, calories from fat 9kcal, total fat 2.06g, saturated fat 1.83g, trans fat 0g, cholesterol 0mg, total carbohydrate 14.65g, dietary fiber 0.26g, sugar 8.32g, protein 0.17g, Sodium 18.6mg, vitamin A 0%, vitamin C 0%, calcium 1%, iron 3%, magnesium 16.91mg, potassium 76.21 mg, niacin 0.14mg.