

## ***Millet Almond-Coconut-Cream Pudding***

*Featuring Millet*

*A Vegan Gluten-Free Dessert*

*Serves 4*

### **Ingredients**

½ cup almonds  
¾ cup water  
¼ cup coconut milk  
¼ cup maple syrup  
½ tsp. cinnamon  
2 tablespoons cornstarch  
1 ½ cups cooked millet  
½ fresh vanilla bean (optional), sliced lengthwise and scraped



*Millet is best known for its presence in bird food but has been cultivated in East Asia for over 10,000 years because of its resistance to drought.*

### **Directions**

1. Cook ½ cup millet in 1½ cups boiling water. Cover pot and cook over low heat for 30 minutes or until water is absorbed. Remove from heat and leave lid on pot until time of use.
2. Heat about 2 cups of water in a small saucepan. Add almonds when water boils and stir for 30 seconds. Drain under cold running water.
3. Slip skins off blanched almonds and place peeled nuts in a blender or a small food processor with ½ cup water. Process until smooth then slowly add other ¼ cup of water in small increments until full amount is used. Continue processing until mixture resembles thick cream. If mixture appears too thick a small amount (1-2 Tbls.) of water can be added.
4. Wisk together almond cream, coconut milk, maple syrup, cinnamon, vanilla bean scrapings (if desired) and cornstarch in a small heavy saucepan. Add cooked millet to almond mixture and stir frequently over medium heat setting until mixture simmers and begins to thicken.
5. Remove from heat and pour into small custard dishes or one serving bowl. Cool and serve cold like rice pudding garnished with a whole almond or toasted coconut.