

# MILLET PORRIDGE WITH BANANA MOUSSE AND PEANUT BUTTER

## Ingredients for 2 servings (430 g):

- 115 g of the PURENA banana purée
- 40 g of dry millet groats (approx. 4 tbsp)
- 250 ml of cow or vegetable milk (1 glass)
- 25 g of peanut butter
- almonds
- optional:  
yoghurt/lemon balm/some fruits



## DIRECTIONS:



1 Put the millet groats in a sieve and rinse with boiling water.



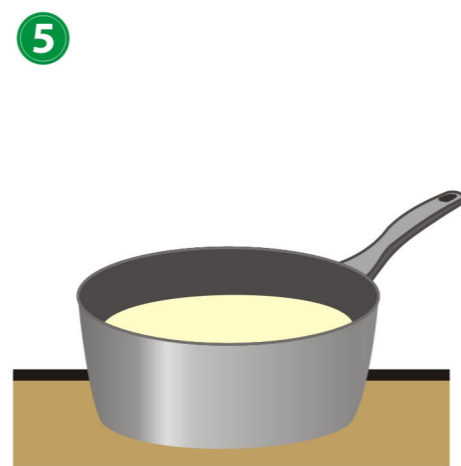
2 Then rinse with cold water.



3 Rinse again with boiling water to get rid of the bitterness.



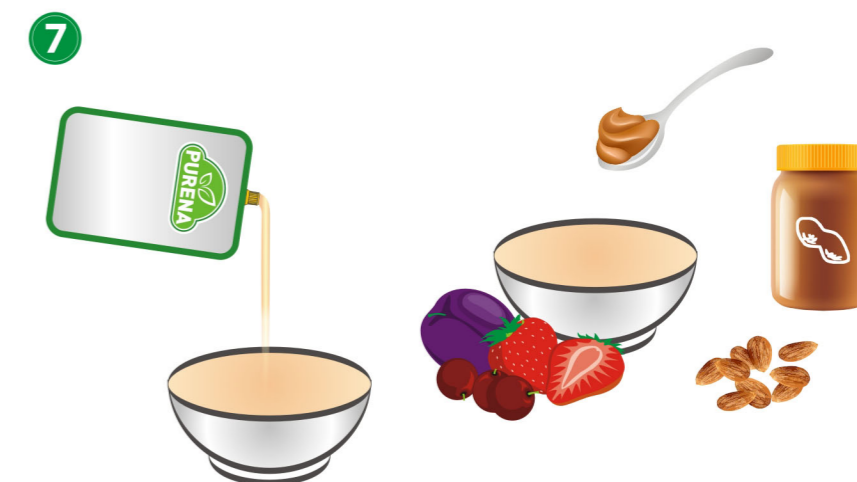
4 Heat the millet groats a little with the milk.



5 Take it off the heat.



6 Toast almonds in the pan. Add salt to taste.



7 Serve the millet porridge with banana purée, peanut butter and roasted almonds. You can also add fruit, yoghurt or lemon balm.

## Nutrition info:

100 g  
128 kcal

1 serving  
276 kcal

Consume the prepared millet porridge within 24 hours. Store the opened PURENA packet in the refrigerator for 7 days.