



Cornmeal Porridge with Trail Mix Dried Fruits

Prepared with Cerra water that's maple flavored

4 cups alkaline ionized water, divided (Cerra water)

2 Tablespoons maple syrup

1 cup chopped dried fruits (like raisins, apricots, peaches, pears, nectarines, cranberries)

2/3 cup yellow cornmeal, medium grind

1/4 teaspoon sea salt

2 Tablespoons soft vegetable or almond flavored cream cheese

Toppings: Maple syrup as desired

1. In a 4-cup measuring bowl, combine 4 cups water with 2 Tablespoons maple syrup to form maple water.
2. Place 2 cups maple flavored water in a saucepan, stir in dried fruits; cook over medium heat until boiling; reduce heat, cook for about 10 minutes or fruit is softened.
3. With slotted spoon, remove fruit to a small bowl; continue cooking the liquid until reduced in half. Set fruit and fruit sauce aside.

4. Place the remaining 2 cups maple flavored water into another saucepan; cook over medium-to-medium high heat, slowly stir in cornmeal and salt, whisk constantly until mixture thickens to desired consistency, about 6 minutes. Stir in cream cheese until smooth. If porridge is too thick, add some additional water.
5. Place in two large bowls or 4 small bowls, top each with a dollop of prepared fruit and fruit sauce. Drizzle lightly with maple syrup if desired.

Yield: two to 4 breakfast bowls

Cook's Note: The amount of water needed may vary depending on the type of cornmeal used. If you want to only make the porridge and not the fruit, go to step 4 and use 2 cups maple water. We purchased our mixed baking fruits from King Arthur Baking Company.

Recipe Inspired by: food-guide.canada.ca/en/recipes The original recipe used a fresh fruit sauce.

About the Recipe: This type of porridge was prepared with maple water in some indigenous households and enjoyed in the morning. We topped it with a variety of softened dried fruits and drizzled it with fruit sauce and maple syrup. We also mixed in a little softened cream cheese for added flavor.