Cornmeal Porridge with Berry Sauce
Makes 4 – 1/2 cup servings

This is porridge can be made ahead and reheated with additional water or milk or plant-based milk substitute.

1 cup find cornmeal
4 cups water
Pinch of salt
1 cup mixed berries, fresh or frozen
1 tablespoon maple syrup

Bring the water and salt to a boil. Slowly pour in the cornmeal in a fine stream while whisking continuously. Do not dump or the porridge will be lumpy.

Lower the heat and cook, stirring often, until the mixture is thick, about 10 minutes.

Mash the berries and maple syrup in a saucepan and place over low heat to warm through.

Serve the porridge warm with a spoonful of cooled sauce.