

Cornmeal Almond Date Cereal (vegan)

Esther Gamayo

Servings: 8

Servings are 8 ounces.

- 1 5/8 Quarts Water**
- 3 1/4 Ounces Cornmeal**
- 1 1/4 Ounces Almonds, chopped**
- 7/8 Ounce Coconut, shredded**
- 1 1/4 Ounces Brown Sugar**
- 14 1/4 Grams Vegan Margarine**
- 1 1/4 Teaspoons Salt**
- 7/8 Teaspoon Vanilla Extract**
- 5/8 Teaspoon Coconut Flavoring**
- 1 3/4 Ounces Dates**
- 3/4 Ounce Raisins, Seedless**
- 5/8 Cup Soymilk**
- 3/8 Teaspoon Cinnamon**

In SJK, whisk cornmeal into briskly boiling salted water.
Return to boil, whisking constantly.
Reduce heat.
Add vegan margarine, raisins, and dates.
Simmer for 3-5 minutes.
Stir in remaining ingredients.
Serve with soymilk.

Per Serving (excluding unknown items): 120 Calories; 4g Fat (25.5% calories from fat); 2g Protein; 21g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 329mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.