

Hot Apple Kasha

Here is a wonderful way to begin your day. Recipe adapted from Sandra Woodruff's "Secrets of Fat Free Cooking," by Jayne Cookson (jayne@intouchcom).

1/2 cup	uncooked millet
1 1/4 cup	water
1/4 cup	uncooked roasted buckwheat kernels (Kasha)
1/4 tsp.	ground nutmeg
1/4 tsp.	cinnamon
1 cup	apple juice
1 medium	apple, peeled and chopped
1/4 cup	raisins (optional)
1/4 cup	couscous (optional)

1. Combine millet and water in a pan and bring to a boil over high heat (watch that it doesn't boil over). Reduce heat to low, cover and simmer for 15 minutes without stirring.
2. Add buckwheat, cinnamon, and nutmeg to millet. Add apple juice, chopped apple, raisins, and couscous, stirring into pan. Cover and cook for 10-12 minutes or until liquid has been absorbed and grains are tender.
3. Remove from heat and let sit for 5 minutes. Serve hot! Good plain, with milk, sucanat, or brown sugar on top.

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Shopping List

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Ingredients	Wieght or Volume	PLU #
uncooked millet	1/2 cup	_____
uncooked roasted buckwheat kernels (Kasha)	1/4 cup	_____
ground nutmeg	1/4 tsp.	_____
cinnamon	1/4 tsp.	_____
apple juice	1 cup	_____
apple	1 medium	_____
apple	1/4 cup	_____
raisins (optional)	1/4 cup	_____
couscous (optional)	1/4 cup	_____

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