

# Breadfruit Porridge with Milk

*Ivy Gordon*



## Ingredients

1 cup breadfruit flour  
1 cup cornmeal  
 $\frac{1}{2}$  cup milk powder  
 $\frac{3}{4}$  cup brown sugar  
8 cups water  
nutmeg, cinnamon and/or  
ginger, add to taste

## Directions

Place all in a large pot.  
Add water and bring to a boil. Turn heat  
down and simmer 5 minutes.

Serve.  
If each child receives 6 oz., this will serve 12  
children.



Trees That Feed Foundation