

Breadfruit Porridge with Milk

Ivy Gordon



Ingredients

1 cup breadfruit flour
1 cup cornmeal
½ cup milk powder
¾ 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.



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