Legume porridge

Preparation time
10 minutes

Cooking time
15 minutes

Serves
4

Recipe courtesy of
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Ingredients | Method | Nutrition

6 cups water

100g premium French style lentils

100g pearl barley

100g super blend lentils, quinoa and beans

100g red lentils

SERVING SUGGESTION: (not included in Nutrition Information)

dates

sprinkle of walnuts

1. Place all ingredients into the slow cooker and cook for 15 minutes.

2. Serve and sprinkle on dates and walnuts.

Nutritional information is provided per serve

Engery	1388kJ (332 calories)
Protein	19g
Saturated Fat	0.5g
Total Fat	1.7g
Carbohydrates	51g
Sugars	1g
Dietary Fibre	12g
Sodium	15mg