

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

Energy 1388kJ (332 calories)

Protein 19g

Saturated Fat 0.5g

Total Fat 1.7g

Carbohydrates 51g

Sugars 1g

Dietary Fibre 12g

Sodium 15mg