

# EASY MAIZE MEAL MICROWAVE PORRIDGE



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Came across this recipe! Really easy and now no more rice cooker or needing to use the stove top! ☐

2 cups boiling water

½ cup maize meal – I use Woolworth's Super Maize Meal

Pinch salt

Pouring boiling water into a microwaveable bowl.

Add a pinch of salt and stir.

Next, with a fork ready in the opposite hand, pour / sprinkle the maize into the water, stirring vigorously to incorporate.

Microwave on high for 5 minutes and 30 seconds.

After 4 minutes, remove from the microwave and stir before returning for the final minute and a half.

Serve immediately, either as is, or with a dash of plant milk and your sweetener of choice. Top with your favourite nuts and/or seeds for an energy rich filling breakfast. Enjoy!

Photo:Kristie Townsend