

Oat and Millet Porridge with Tahini

Tahini is a traditional Oriental paste made from sesame seeds (also known as tahini). This sesame paste is more than just a tasty snack! Tahini is an essential ingredient in famous Middle Eastern dishes such as hummus, baba ghanoush, and halva. It adds a delicious, nutty flavor to food, is creamy, and has many more uses than one might think.

INGREDIENTS

- 3 tablespoons millet flakes
- 3 tablespoons rolled oats
- Strawberries
- Banana
- Raspberries
- 2-3 tablespoons tahini (Jasmeen)
- 1/2 liter cow's or plant-based milk
- 10 dates
- Chia seeds
- Sultana raisins (Jasmeen)

Preparation:

Transfer millet flakes and oats into a pot. Add dates, raisins, and chia seeds as desired. Pour in the milk and cook for 5 minutes, then add the tahini and mix well. Transfer to bowls and serve with fruits: banana, raspberries, and strawberries. Enjoy!

