

Millet Breakfast Bowl with Pumpkin & Spices

Ingredients

- 1 cup (200 g) hulled millet, rinsed
- 2½ cups (600 ml) water
- 1 cup (240 g) pumpkin puree (unsweetened)
- ½ tsp (2 g) ground cinnamon
- ¼ tsp (1 g) ground ginger
- ¼ tsp (1 g) ground nutmeg
- 1 tbsp (15 ml) pure maple syrup (*optional*)
- 2 tbsp (14 g) chopped pecans

Step-by-Step Instructions

1. Boil water in a medium saucepan. Stir in millet and reduce heat to low. Simmer, covered, for 15 minutes.
2. Stir in pumpkin puree and spices. Cook 5 more minutes, adding water if needed for creaminess.
3. Serve in bowls topped with pecans and a light drizzle of maple syrup if desired.

Why This Helps Blood Sugar

Millet's magnesium content supports insulin sensitivity. Pumpkin provides beta-carotene and slow-digesting carbs.