



creamy honey uji

Healthy does not have to be boring. I took one of my now favorite breakfast dishes, uji, and added a beautiful twist to it. You will never have enough!

Uji Ingredients

3 tablespoons of sorghum flour

1 1/2 cups of water

1/2 a cup of plain yoghurt

1/2 lemon, juiced

3 tablespoons of honey

Method

Put some water in your sufuria and bring it to a boil. As that is going, mix your flour with a small amount of water in a small cup until it forms a thick paste. Add this to the boiling water and mix.

As you are mixing, pour in your plain yoghurt. Do not stop mixing. Add in the honey and mix some more until it all thickens.

After that, add the lemon and mix it. Lower the heat and let this cook for about 20 minutes.

Ladle the porridge into a bowl and garnish with some of the remaining yoghurt. It is optional, but it doesn't hurt to make your food a bit more prettier

Serve with fresh bread.



SERVE WITH: On its own or with some freshly baked bread

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/creamy-honey-uji/>