InstaPot Blueberry Teff Porridge

We all know it is important to have mostly whole grains instead of refined grains. Have you varied your grain sources and researched the different grains? Are you familiar with Teff?? Teff is a GLUTEN-FREE whole grain native to the Horn of Africa, which is modern day Ethiopia & Eritrea. It is rich in insoluble fiber & iron. It even has 6 grams protein per ¼ cup! I was able to find Teff, the Bobs Red Mill brand, at my local Fresh Thyme Market. This recipe is super FAST and easy using the InstaPot.

Ingredients:

1 cup	Whole grain Teff
1 cup	Instant oats (use oats that say "gluten-free" if you need 100% GF)
2 cups	Water
2 cups	Blueberries, frozen
2 cups	Milk (I use unsweetened vanilla almond milk)
3 tbsp	Stevia

Directions:

1. Add all ingredients into the InstaPot and mix until combined.
2. Place the lid on top and lock, then set the pressure valve to "sealed."
3. Press "pressure cook" and set timer to 5 minutes. The screen will read "ON" then the timer count-down will show once the chamber has filled with pressure.
4. Once timer goes off, use the "Natural Release" for 10 minutes. Natural Release means you take no action or unlock the valve and allow the cooker to release pressure on its own. At the end of the 10 minutes, unlock the valve and release any leftover pressure.
5. Spoon out serving into bowl. Feel free to top with walnuts, banana slices, coconut, or whatever you enjoy- or eat as is!

Servings: 5 servings
Serving size: About 1 cup (245 g)

InstaPot Blueberry Teff Porridge

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	268 kcal	13 %
Total Fat	3.4 g	5 %
Saturated Fat	0.3 g	2 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	73.9 mg	3 %
Total Carbohydrate	53.1 g	18 %
Dietary Fiber	7.6 g	30 %
Sugars	8.1 g	
Protein	8.5 g	17 %
Vitamin A	5 % • Vitamin C	4 %
Calcium	28 % • Iron	22 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at cronometer.com   </>