

Jamaican Peanut Porridge

Yield: 2 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-cornmeal-porridge-recipe-grace-kitchen>

Ingredients:

- 1 cup oatmeal quick cooking is fine; instant is not
- 1 cup peanuts shelled raw
- 1/2 teaspoon salt
- 1 tablespoon flour
- 1/8 teaspoon mace fresh grated, or nutmeg
- 1 tablespoon cornmeal
- 1/2 teaspoon vanilla extract
- 3/4 cup coconut milk
- water as needed

Nutrition:

1. Calories: 1070 calories
2. Carbohydrate: 68 grams
3. Fat: 80 grams
4. Fiber: 17 grams
5. Protein: 36 grams
6. SaturatedFat: 33 grams
7. Sodium: 960 milligrams
8. Sugar: 9 grams

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