

Pumpkin Pie Millet Porridge

Yield: 2 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-millet-recipe>

Ingredients:

- 1/2 cup millet uncooked
- 1 1/3 cups water
- 1/3 cup pumpkin puree
- teaspoon cinnamon
- 1/4 teaspoon ginger
- 1/4 teaspoon nutmeg
- 1 pinch clove
- maple syrup to taste
- toasted pecans to top

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 57 grams
3. Fat: 17 grams
4. Fiber: 10 grams
5. Protein: 8 grams
6. SaturatedFat: 2 grams
7. Sodium: 110 milligrams
8. Sugar: 11 grams

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