



Creamy Fonio Cereal with Blueberries, Pomegranate & Brown Butter

Fonio is excellent for breakfast: It is easy to digest and slowly releases energy in your body throughout the day. The choice of fruits is up to you; feel free to substitute those in the recipe with your favorite seasonal fresh fruits. The brown butter is also optional, though it will definitely add a rich, nutty flavor to your breakfast.

Reprinted From "The Fonio Cookbook," by Pierre Thiam, Lake Isle Press, 2019

INGREDIENTS

1 cup raw fonio
 2 cups water
 1 teaspoon salt
 2 cups milk or full-fat coconut milk, warmed
 2 teaspoons brown sugar (optional)
 1 teaspoon ground cinnamon (optional)
 1/2 cup blueberries
 1/2 cup pomegranate seeds
 2 tablespoons unsalted butter

Serves 4

PREPARATION

1. Combine the fonio, water, and salt in a saucepan. Bring to a boil over high heat. Reduce the heat, cover, and simmer gently for 5 minutes, stirring occasionally, until the water has been absorbed. Turn off the heat.
2. Add the milk and stir to combine. Let stand for 1 minute. Stir in brown sugar and cinnamon (if using). Divide the fonio among four bowls and top with the blueberries and pomegranate seeds.
3. In a small pan, cook the butter until it becomes slightly brown and foamy. Drizzle over the fonio and serve.



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Note: Fonio is available at select grocers including Whole Foods nationwide. You can order Yolélé Fonio through Yolele.com.