

Kiwi Organics Cookbook

polenta & date pudding

ingredients

- 500ml milk
- 300ml water
- 200g dates
- 1 cup Kiwi Organics polenta
- ½ tsp ground cloves
- 1 cup desiccated coconut

Bring the water, milk and dates to the boil and let simmer for 5 minutes, until dates are very soft. Add the polenta and the cloves and cook for another 10 minutes. Take off the heat and add the coconut. Transfer into a bowl or into individual small bowls for serving. Serve with stewed fruit and/ or yoghurt/ cream.

Serves 4 - 6

