Warm Banana-Tahini Millet

2 warm cereal bowls · Active 10 min · Total 35 min

Skills: Easy

Ingredients

- 1/2 cup millet (100 g)
- 1 1/2 cups water (360 ml)
- 1/8 teaspoon fine salt
- 1/2 cup milk (120 ml), plus tablespoons if needed
- 2 medium ripe bananas
- 1 tablespoon tahini (15 g)
- 1/4 teaspoon ground cinnamon
- 1 teaspoon maple syrup (5 ml), optional but included in serving

Set out

Heavy 1 1/2-quart saucepan with lid, Fine sieve, Wooden spoon

Allergens

Milk, Sesame. Check labels and substitutions.

Make it

1. Rinse millet, drain well and put in the dry saucepan over medium heat. Stir for 2–3 minutes until excess water evaporates and the grains smell lightly toasted.

2. Carefully add water and salt. Bring to a simmer, cover and cook over low heat for 18–22 minutes, until the millet is tender. Add a little water if needed.

3. Mash one banana. Slice the second. Stir mashed banana, milk and cinnamon into the millet over low heat for 2–3 minutes.

4. Remove from heat and stir in tahini. Loosen with tablespoons of milk if too thick. Divide between bowls and top with banana slices and the measured maple syrup.

A bowl that can wait for the right moment

The cereal base can be cooked in advance and refrigerated in two portions. Reheat just one portion after arriving home and add the tahini and fresh banana then if you prefer a clearer sesame flavor and firmer fruit.

A useful detail

Bananas vary in sweetness. The small maple syrup finish is optional; omit it if the fruit already makes the bowl sweet enough for you.

Keep it well

Refrigerate promptly in a shallow covered container within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 2 days. Reheat to 165°F/74°C with extra milk or water. Add fresh banana slices after reheating.