

Farro porridge with red grapes and pomegranate

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This delicious porridge is made with delicious fresh pomegranate and grapes, but for a seasonal twist select your own fruity flavour combinations!

Ingredients (serves 2)

- 100 g [farro](#)
- 300 ml whole milk
- 2-3 tsp golden caster sugar
- ½ tsp ground cinnamon

To serve

- Natural [yoghurt](#)
- Seedless red grapes,
sliced in half lengthways
- 1 tbsp [pomegranate](#) seeds
- 1 tsp each of chopped natural [almonds](#), [pistachios](#), [chia seeds](#) and sunflower seeds

Method

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Cook the farro in water until tender. Drain. Cooking time can vary from brand to brand so cook according to instructions.

Place the cooked farro in a heavy-based saucepan with the milk, sugar and ground cinnamon. Simmer for 15 minutes, stirring occasionally.

Serve topped with natural yoghurt, red grapes, pomegranate seeds and the assortment of nuts and seeds.

Tip: You can cook the farro ahead of time and store in the fridge, ready for breakfast, lunch or dinner.

Recipe and images by [Nellie Kerrison](#)

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