



BIO MIT HAND UND HERZ!

Semolina pudding with plum-cinnamon compote



gluten-free



vegan

Ingredients for 4 persons:

100 g	Werz semolina, wholemeal and gluten-free	6 tbsp	rice syrup, gluten-free
250 g	plums	1 knife point	vanilla pulp
1 knife point	cinnamon	1 tsp	lemon juice
500 ml	rice drink	1 pinch	salt
1/2	lemon, untreated		

This recipe can be made with Werz rice, millet and buckwheat wholemeal semolina.

Preparation:

Wash plums and remove the stones and cut them into walnut-sized pieces. Put into a pot with 100 ml water and boil it down. Sweeten with 2 tablespoons of Werz rice syrup, stir in the cinnamon and set aside.

Bring the rice drink to a boil, add Werz semolina slowly, while stirring continuously. Let simmer on the stove for a few minutes.

Then remove from the hotplate and stir another 100 ml rice drink into the semolina porridge. Now mix in the vanilla pulp, lemon juice, 4 tablespoons of Werz Rice syrup and a pinch of salt.

Pour the semolina porridge into glasses or bowls and put the plum compote on top.

Enjoy your meal.



For questions please mail to: info@werz.bio



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