

White Maize Meal Porridge

½ cup white maize meal

6 Tbsp. defatted soy flour, soy isolate or soy concentrate

2-4 cups water

2 to 4 Tbsp. sugar

Pinch of salt

Mix maize meal and soy flour in pot.

Stir in the water and bring the mixture to a boil.

Reduce heat and simmer, stirring occasionally, for 5-10 minutes.

Stir in the sugar and salt. Serve warm.

Makes 4 cups

Nutrition Facts per Serving (1/2 cup): 65 Kcal, 0.2 g Fat, 13 g Carbohydrate, 3 g Protein, 1.2 g Fiber, 0 mg Cholesterol, 151 mg Sodium

Nutrition Facts per Serving using all whole maize meal: 58 Kcal, 0.2 g Fat, 13 g Carbohydrate, 1 g Protein, 0.2 g Fiber, 0 mg Cholesterol, 151 mg Sodium

If made with Soy Protein Concentrate: 4 g Protein per serving.

If made with Soy Protein Isolate: 6 g Protein per serving.