

# Warm Lemon Polenta Cereal

vegetarian    gluten-free    dairy-free

**Serves: 6**

## Ingredients

In a large air-tight storage container mix the following ingredients:

- 3 cups or 500g Polenta or Instant Polenta
- ½ cup sultanas
- ½ cup shelled raw pistachios, roughly cut
- ½ cup chopped dried apple or apricot
- 1 tablespoon of lemon zest

Single serve = ¼ - ½ cup of the above cereal mixture.



## Preparation

1. In a saucepan put 1 part cereal to 3 parts water, juice or milk. Cook over low heat, continuing to stir until creamy. Instant Polenta cooks faster.

## Tips

- Make the lemon zest by covering the finest holes of a grater with a strip of baking paper. While holding the baking paper in place, grate the rind of approximately ½ a small lemon. The baking paper will peel off the grater easy.
- Other nuts or fruit can be used instead such as pecan nuts, figs or prunes.