

## Hot Polenta Cereal with Honey

*"Polenta, also known as corn grits, is high in fiber, and when cooked with milk, it blends carbs with protein for the perfect 5-minute breakfast".*

**4 servings**

### **INGREDIENTS:**

- 1/2 teaspoon salt
- 3 cups nonfat milk
- 2 tablespoons honey
- 1 cup dry polenta
- Honey to drizzle over hot cereal
- 1 cup fat-free half-and-half

### **DIRECTIONS:**

- In a medium saucepan over medium-high heat, bring milk and salt to a gentle boil.
- Whisk in polenta, reduce heat to medium-low, cover, and cook for 5 minutes. Whisk frequently, until thick and creamy.
- Remove from heat, stir in 2 tablespoons honey.
- Divide evenly among 4 bowls. Drizzle with honey. Top each bowl with about 1/4 cup half-and-half. Serve immediately.

*The Food and Mood Cookbook* by Elizabeth Somer: page 23