

## Millet with Pineapple, Coconut, and Flaxseed

### Ingredients

- 6 cups water
- 1 cup millet
- ½ cup chopped fresh pineapple
- 4 teaspoons flaxseeds
- ¼ teaspoon salt
- ½ cup soy milk
- ¼ cup large-flake unsweetened coconut, toasted
- ¼ cup pure maple sugar

### Directions

- Bring water and salt to a boil
- Whisk in grains
- Return to a boil and reduce heat to low
- Simmer, covered, for 30 to 35 minutes
- Let stand for 5 minutes
- Fluff with a fork and top with soy milk, fresh pineapple, coconut, flaxseeds, and maple syrup

Recipe courtesy of [www.marthastewart.com](http://www.marthastewart.com)