

Instant Pot Teff with Honey



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Honey

Ingredients

- $\frac{1}{2}$ cup teff grain
- 2 cups water
- 2 tablespoons walnut oil, (or hazelnut, or olive oil, I used what I had on hand)
- 1 teaspoon kosher salt
- $\frac{1}{2}$ teaspoon ground cloves
- $\frac{1}{2}$ teaspoon ground cinnamon
- 4 tablespoons honey, (1 tablespoon per bowl, or to taste)

Method

1. Heat instant pot using sauté setting. Add teff grain and cook, stirring until it starts to smell toasted.
2. Add water, cinnamon, cloves, salt and oil of your choice to instant pot.
3. Using the manual setting, set to high pressure for 2-3 minutes. After time is up, use quick release.

4. Distribute cooked teff amount bowls and mix in 1 tablespoon honey per bowl (or less if desired). Add additional toppings such as sliced banana, nuts, dried fruit, etc. if desired.

(Servings: 4 | Yield: 170 grams cooked teff per serving, before adding honey and toppings)