

SWEET CORN APPLE PORRIDGE



INGREDIENTS

4 cups fresh corn (*I used 5 small ears*), divided
2 large apples, small dice
1 c. apple juice
1 c. vanilla non-dairy milk (*I used [So Delicious](#)*)
1 tsp cinnamon (*optional*)
1/2 c. gluten-free oats (*optional*)
stevia to taste (*optional*)

Pour the apple juice and non-dairy milk into your high-speed blender (*I used my Vitamix*). Add 2 cups corn, and half of the diced apple to the blender. Blend for about 1 minute until very smooth.

Pour the mixture into a bowl and add the remaining corn and diced apple. Mix to incorporate. At this point you can either serve the porridge cold or heat it gently on the stove until it is warm.

At this point I ate a large bowl of the fresh cold porridge. Afterward I added some cinnamon to the remaining porridge along with some gluten-free oats and put it in the refrigerator. A few hours later I snacked on this and it was soooo good!