



Makes 4 cups
Cook Time: 15 minutes

INGREDIENTS:

3 cups cooked sorghum (cook according to package directions)

1¼ cups unsweetened soy milk

½ teaspoon cinnamon

¼ teaspoon ground cardamom

1 teaspoon pure vanilla extract

2 tablespoons maple syrup

2 cups raspberries (10 ounces)

¼ cup chopped pistachios

1 tablespoon chia seeds

Sorghum Berry Breakfast Bowl

Cook up a batch of sorghum to enjoy in salads, soups and [freestyle bowls](#), and use some of it for this very tasty vegan breakfast bowl recipe. With its mild, slightly nutty flavor that's reminiscent of wheat berries, sorghum is a great grain to try if you don't eat gluten.

From [SharonPalmer.com](#)

By Sharon Palmer, MSFS, RDN

- 1 Combine cooked sorghum, soy milk, cinnamon, and cardamom in a medium saucepan over medium-high heat. Bring mixture to a boil, then reduce heat to medium and simmer for 10 minutes, stirring often, until liquid is reduced. Remove pan from heat, and stir in vanilla and maple syrup.
- 2 Serve topped with raspberries, chopped pistachios, chia seeds, and additional soy milk if desired.