



Recipe: Honey Nut Grits

Servings: 1

Serving Size: 1 recipe

Ingredients:

1/4 cup grits

1/2 cup plain soymilk

1/4 cup water

1/8 cup almond slivers

1/2 tbsp. plus 1 tsp. honey

1/8 tsp. almond extract

Directions:

1. In a small pot, add soymilk, water, and grits. Bring to a boil and add in 1/2 tbsp. of honey. Reduce to a simmer until grits thicken.
2. While the grits cook, toast almonds in a pan over medium heat, stirring often, until they are slightly browned.
3. Remove grits from heat and mix in almond extract.
4. Scoop grits into a serving bowl. Top with toasted almonds and 1 tsp. honey.

Nutrition for one serving:

Calories: 340 Total Fat: 11g Sat. Fat: 0.5g Sodium: 48mg

Carbohydrates: 53.5g Protein: 11g Fiber: 3.5g