

Cocoa Farro Bowl

Heart Health

Items Needed: Pressure cooker or medium saucepot, mixing spoon.

Serves: 2

Ingredients:

- ½ cup farro or other ancient grain
- ¼ cup red quinoa
- 1 ½ cups of water
- 3 Tbsp cocoa powder
- 2 Tbsp maple syrup
- Pinch of salt

Topping ideas:

- Nut butter
- Yogurt
- Seed
- Nuts
- Berries



Directions:

1. In the pressure cooker or in a saucepot combine all the ingredients.
2. If using an instantpot set the timer for 15 minutes of pressure cooking.
3. If cooking in a saucepot, turn heat onto medium high and once the water comes to a boil, reduce heat to a simmer and put the lid on top.
4. Set a timer for 20-25 minutes and allow to simmer on low heat.
5. When the timer goes off, fluff the grains with a fork and adjust seasoning per your taste.
6. Add toppings and enjoy for breakfast, a sweet but healthy dessert option etc.



Nutrition Information (per 1/2 recipe):

Calories: 318 Fat: 3.2 g Carbs: 57.7 g Protein: 11.1 g Fiber: 10.8 g Sodium: 39.2 mg

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