Winter Porridge with Blueberry Sauce
Makes enough for 20 servings

For the mix:
1 cup steel-cut oats
1 cup millet
1 cup quinoa
1 cup yellow polenta
1 cup pearl barley
1. In a bowl, stir the oats, millet, quinoa, polenta and barley together.
2. Transfer to a jar and store in the cupboard until needed.

For 2 servings of the porridge
1 1/2 cups water
Pinch of salt
1/2 cup porridge mix
2 tablespoons chopped nuts (for serving)
Pinch of ground cinnamon (for serving)
Honey (for serving)
Milk, cream, yogurt or almond milk (for serving)
1. In a saucepan, bring the water to a boil. Add a pinch of salt and the porridge mix.
2. Adjust the heat to a simmer, and cook, uncovered, stirring occasionally to keep the bottom from scorching, for 20 to 25 minutes, or until thick. When the porridge starts to sputter, cover the pot and take it off the heat for 5 minutes. Grains that are stuck on the bottom of the pot will be released as the porridge sits and steams in the pot. Eat while hot, or refrigerate and reheat in the microwave. Serve with blueberry sauce and sprinkle with nuts, cinnamon and honey.