

## Cauli Porridge with Rosemary Plum Compote

- by Healing Family Eats

*I like to have a lidded glass bowl of 'riced' cauli in my fridge so I can quickly measure it out for this porridge, or for cauli rice for that matter. The trick is to put the cauliflower into your processor with the 'S' blade and pulse about 8-10 times or so until the same consistency as rice. Pulsing puts you in control, if you just press the on button, you risk ending up with purée!*  
(serves 4)

4 cups (1 medium head) riced cauliflower  
1 tbsp coconut oil  
2 1/4 cups (560ml) coconut milk (I use [this one](#))  
3 tbsp honey  
large pinch salt (I use [this one](#))

Put all the ingredients into a large pan and bring to the boil. Turn the heat down to a simmer and cook till the cauli is softened and creamy, approx 20 mins.



### rosemary plum compote

*make this compote while the porridge is simmering away to eat it warm, or prepare any time in advance and keep, covered in the fridge until needed.*

(serves 4-6)

450g ripe sweet prune plums, quartered and stones removed  
1 stalk rosemary, halved  
1 tbsp honey  
1 tsp vanilla extract (I use [this one](#))

Put ingredients into a medium pan on a medium heat. When liquid begins to ooze from the fruits, turn the heat down to low, making sure the rosemary is covered by the plums and continue cooking approx 10 mins until the liquid is slightly syrupy and the fruits softened but not completely falling apart. Set aside. Taste for sweetness and flavour from the rosemary, you may like to take it out at this stage or leave it in until you are ready to serve, as I do.