

Blue Corn Mush

Ingredients

- 2 Cups Blue Corn Meal (roasted)
- 5 Cups water to boil
- 2 Tablespoons Juniper ash
- 2 Cups cold water

Directions

Bring 5 cups water to boil.

Add juniper ash to boiling water.

Mix 2 cups cold water and 2 cups cornmeal in separate bowl and mix until fully incorporated.

Add cornmeal mixture to boiling water while continuously stirring. Bring mixture to a boil then reduce to low-medium heat. Simmer for 15 to 20 minutes, stirring constantly.

Nutrition Information per Serving:

Serving size: ½ cup; Calories 87 kCal