



# Aromatic Pumpkin and Bulgur Porridge

10'  
Hands on

15'  
Cook Time

4-6  
Portion(s)

1  
Difficulty



## Ingredients

- 400 g [pumpkin puree](#)
- 150 g bulgur wheat
- 480 ml milk, 3,5%
- 90 g honey
- 100 g cottage cheese
- 1 pinch salt
- 1 teaspoon(s) cinnamon
- 1 teaspoon(s) cloves
- 160 g cranberries

### Optional

- 60 g butter, fresh, cut into small cubes
- 3 tablespoon(s) brown sugar

## Διατροφικός πίνακας

### Nutrition information per portion

293 Calories (kcal)	6.0 Total Fat (g)	3.3 Saturated Fat (g)	48.0 Total Carbs (g)
15%	9%	17%	18%
30.0 Sugars (g)	11.0 Protein (g)	2.1 Fibre (g)	0.36 Sodium (g)
33%	22%	8%	6%

## Method

- In a small pot, add the milk, bulgur and [pumpkin puree](#). Mix over medium heat.
- Add the honey, aromatics and salt. Bring to a boil. Cover and cook until the bulgur soaks up all of the milk. Add more milk if necessary.
- Remove from heat. Add the cottage cheese and the cranberries. Mix and serve.
- You can also spread the mixture in an oven proof baking dish, sprinkle with the extra sugar and butter and bake it under the grill for 5 minutes to make a crunchy topping!