Breakfast Polenta Bowl

Recipe by Chef Bianca Castro

A recipe full of family traditions of Italian origin, it is considered a blank canvas since it is the perfect dish to give it more flavor with different sweet or savory accompaniments to meet the expectations of different palates.

Ingredients:

- Water: 2 cups
- Bow & Arrow Corn Meal: 1 cup
- Cinnamon: ½ teaspoon
- Fruit: As needed

Process:

- Heat water until it starts to boil.
- Once it boils, add the corn meal and sugar. Beat over medium heat for about 8 minutes.
- Serve on a plate and sprinkle cinnamon and sugar to taste with added fresh fruit.