

Coo Coo

Ingredients:

2 cups unsweetened coconut milk
2 cups water
1 cup sliced okra
½ tsp salt
1 tsp black pepper
2 cups whole grain cornmeal
½ cup peas
½ cup carrots, diced
1 cup pumpkin, cubed
1 tsp vegan butter
½ cup hot water



*GLUTEN-FREE



*SOY FREE



*VEGAN

Nutrition Facts

8 servings per container	
Serving size	1 cup
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 31g	11%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0.6mcg	4%
Calcium 60mg	4%
Iron 1.8mg	10%
Potassium 240mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions:

1. In a pot over medium heat, bring water and coconut milk to a simmer.
2. Add okra and pumpkin and simmer 3 minutes.
3. Add the peas and carrots and continue cooking for 2 additional minutes.
4. Remove from heat and slowly add cornmeal, stirring continuously to obtain a creamy consistency.
5. Once combined, add ½ cup hot water, cover and place over low heat for about 5 minutes to steam.
6. Use the butter to grease the bottom and sides of a pie dish.
7. Add the mixture to the pie dish and press gently to create a dense consistency ensuring to smooth out the top.
8. Allow to set for 10 minutes, then serve.