

# 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.

