



Oatmeal Black Sesame Pudding

(modified from the recipe in Japanese [here](#))

Ingredients:

- 1/2 cup (125 mL) oat flour (a commercial brand or grind your own)
- 1 1/4 cup (300 mL) oat or other milk
- 2 Tbsp (30 mL) honey
- 4 Tbsp (60 mL) black sesame seeds

Directions:

1. Grind the sesame seeds to a fine paste (or use the powder, if you can find any).
2. Combine all ingredients in a small pot.
3. Place the pot over medium heat and simmer for about 5 minutes until the pudding thickens.
4. Pour into a bowl and chill in the refrigerator.

Makes 8 small servings or two large ones.