

# *Atole*

*1/2 cup Blue Corn Meal  
4 cups Water (Use less water for a thicker porridge)  
1/2 cup Sugar (granulated, brown, or raw sugar)  
1 cup Milk  
1 pinch Salt (to taste)*

*Optional: 1 tsp of Cinnamon  
1/2 tsp Pure Vanilla Extract*

- Bring water to a boil and slowly add the blue corn meal.*
- Stir together with a whisk, lower heat.*
- As the Atole begins to thicken, add your sugar, milk, and salt.*
- Serve hot and enjoy.*