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.