

# FRUMENTY

*Meaning: Frumenty is a dish made from boiled wheat or barley, often served as a hearty and nourishing meal, especially in medieval times.*

1. Frumenty was often served at medieval feasts as a hearty, nourishing dish.
2. As winter approached, she prepared a pot of frumenty to warm her family during the cold months.
3. The recipe for frumenty included wheat, spices, and sometimes even a splash of milk for creaminess.
4. In historical novels, frumenty is frequently mentioned as a staple of the peasant diet.
5. After trying frumenty for the first time, he was surprised by its comforting texture and flavor.

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Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)

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