



Recipes

Grains

Curried Millet

Prep Time: 5 minutes

Cooking Time: 20 minutes

Yield: 4 servings

Ingredients:

- 2 cups stock or water
- 1 cup dry roasted millet
- 1/2 cup crushed cashews
- 3 tablespoons pumpkin
- 1 teaspoon curry powder
- 1 teaspoon grated ginger
- 1 teaspoon sea salt

Directions:

1. Boil the stock or water in a pot.
2. Add all ingredients, bring to a boil, reduce heat to low and simmer for 20-25 minutes, until all the liquid is absorbed.
3. Fluff with a fork and serve warm.