



Recipes

Grains

Millet with Roasted Sunflower Seeds

Prep Time: 5 minutes

Cooking Time: 45 minutes

Yield: 4 servings

Ingredients:

1 cup millet
1/2 cup sunflower seeds
3 cups water
Pinch of sea salt

Directions:

1. Wash and drain millet.
2. Dry-roast sunflower seeds in a skillet over medium heat until they smell nutty, approximately 4 minutes.
3. Bring water to boil and add millet and seeds.
4. Cover and simmer for 30 minutes.
5. When done, fluff and let sit for 10 minutes. Mix, serve and enjoy.

Note:

If millet is too dry for you, add more water when cooking. Or add a tablespoon of olive oil when it is done.