

Try Me! Millet

Most people have not even heard of millet, much less understand the benefits of millet nutrition. And yet, millet is one of the best-kept secrets of our ancient ancestors. Traced back to its origin in China, millet has been used throughout the ages and across many countries. For centuries millet has been a prized crop in China, India, Greece, Egypt and Africa, used in everything from bread to couscous, and as cereal grain.

Millet is even mentioned as a treasured crop in the Bible.

This tiny “grain” is gluten-free and packed with vitamins and minerals. In fact, while it’s often called a grain because of it’s grain-like consistency, millet is actually a seed. It’s often used in birdseed mixture, but if you think it’s just for the birds, you’re missing out on important benefits of millet nutrition for yourself!

**Millet
is
Gluten
Free!**

**Millet is full of nutrients
your body needs, such as:**

- Magnesium
- Calcium
- Manganese
- Tryptophan
- Phosphorus
- Fiber
- B vitamins
- Antioxidants



Here's how to prepare your millet:

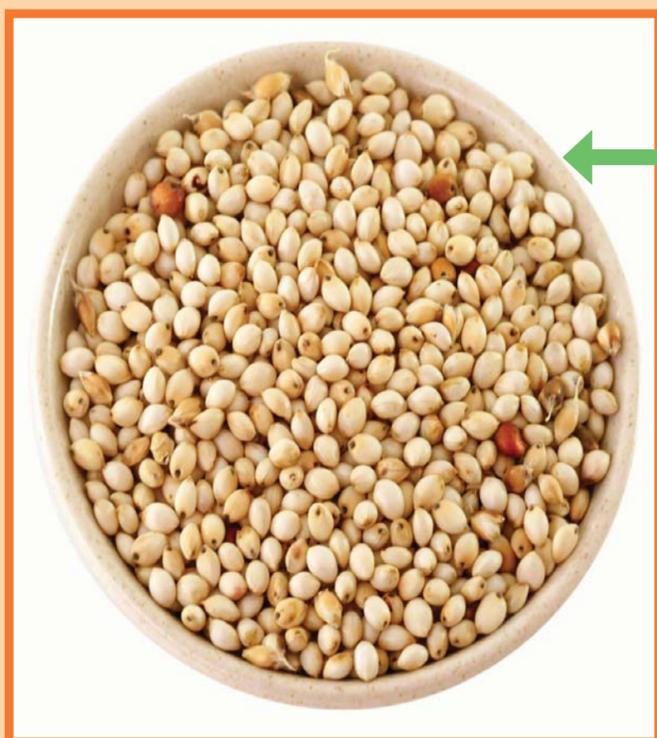
→ Rinse it off and remove any stones or unhulled pieces.

→ Then soak or sprout your millet for 8 - 24 hours prior to preparing it, so that you remove the phytic acid that binds up minerals and enzyme inhibitors that make it difficult to digest.

→ Another great option to prepare your millet for easy digestion is to add a small amount of fermented liquid such as BE Wholegrain to the soaking water. Let the soaking millet remain at room temperature for 48 hours. Add a teaspoon of BE Wholegrain Liquid or your favorite probiotic liquid to your soaking water; it's an excellent way to add minerals and will make your grains even easier to digest.

→ Cook millet as you would rice but with more water (3 cups water to 1 cup millet). However, if you soak millet, you won't need as much water when you cook it. After soaking, try 1 cup of millet to 2 or 2 ½ cups of water. You determine how much water to use depending on how soft you like your grain.

→ You will know your millet is finished because the dark yellow color will become opaque.



Millet is tiny in size and round in shape and can be white, gray, yellow, or red.



**MEATLESS
MONDAY**