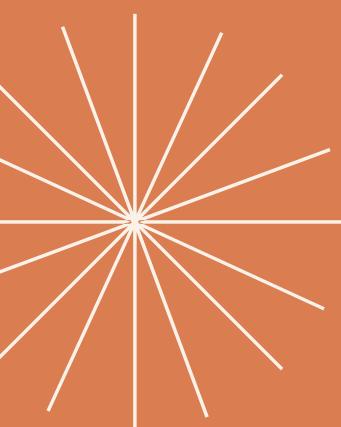




5 EASY LITTLE MILLET RECIPES

HEALTHYMEALS4U

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WHY COOK WITH LITTLE MILLET?

Little millet, also known as samai, is one of the most ancient grains of India. For centuries, it has been a staple in many traditional kitchens – valued for its lightness, nutrition, and versatility. Today, as we return to wholesome foods, little millet is making a healthy comeback.

Here's why you'll love cooking with little millet

- Nutritious: Rich in fiber, protein, and essential minerals.
- Light & Digestible: Easy on the stomach, gluten-free, and diabetic-friendly.
- Budget-Friendly: Healthy meals without expensive ingredients.
- Quick to Cook: Perfect for busy mornings and weeknight dinners.
- Sustainable: A hardy crop that uses less water, making it eco-friendly.



This recipe book is designed for beginners and everyday cooks – with simple instructions, precise measurements, and familiar flavors. Whether you're new to millet or looking for fresh ideas, you'll find breakfasts, snacks, main courses, and even desserts to enjoy with your family. So, let's begin this millet journey – one recipe at a time! ✨

1. LITTLE MILLET SALAD BOWL

- Cuisine: Fusion/Healthy Bowl
- Prep Time: 10 mins
- Cook Time: 15 mins
- Servings: 2
- Calories: ~200 kcal per serving
- Protein: ~6g
- Aggregate Rating:



Ingredients

1. $\frac{1}{2}$ cup cooked little millet
2. $\frac{1}{2}$ cup boiled chickpeas
3. $\frac{1}{2}$ cucumber (chopped)
4. 1 small tomato (chopped)
5. 1 tbsp lemon juice
6. $\frac{1}{2}$ tsp black pepper
7. Salt to taste

INSTRUCTIONS

1. Mix millet, chickpeas, cucumber, tomato.
2. Add lemon juice, salt, and pepper.
3. Toss well and serve as a light meal.

2. LITTLE MILLET ENERGY BALLS

- Cuisine: Indian Snack
- Prep Time: 10 mins
- Cook Time: 10 mins
- Servings: 10 balls
- Calories: ~90 kcal per ball
- Protein: ~2.5g
- Aggregate Rating:



Ingredients

1. $\frac{1}{2}$ cup roasted little millet flour
2. $\frac{1}{4}$ cup grated jaggery
3. 2 tbsp peanut butter (or groundnuts)
4. 1 tbsp sesame seeds
5. 1 tbsp ghee



INSTRUCTIONS

1. Dry roast millet flour until aromatic.
2. Mix with jaggery, peanut butter, sesame seeds.
3. Add warm ghee and shape into balls.
4. Store in an airtight jar for 1 week.

3. LITTLE MILLET KHEER (PAYASAM)

- Cuisine: Indian Dessert
- Prep Time: 5 mins
- Cook Time: 25 mins
- Servings: 3
- Calories: ~220 kcal per serving
- Protein: ~4g
- Aggregate Rating:



Ingredients

1. $\frac{1}{2}$ cup little millet
2. 2 cups milk (or almond milk)
3. $\frac{1}{4}$ cup jaggery (grated)
4. 6 cashews
5. 6 raisins
6. $\frac{1}{2}$ tsp cardamom powder
7. 1 tsp ghee

INSTRUCTIONS

1. Cook millet in 1 cup water until soft.
2. Add milk, simmer for 10 mins.
3. Stir in jaggery and cardamom.
4. Fry cashews & raisins in ghee, add to kheer.
5. Serve warm or chilled.

4. LITTLE MILLET LEMON RICE

- Cuisine: South Indian
- Prep Time: 10 mins
- Cook Time: 15 mins
- Servings: 2
- Calories: ~230 kcal per serving
- Protein: ~5g
- Aggregate Rating:




Ingredients

1. One cup cooked little millet
2. Two tsp lemon juice
3. 1 green chili (slit)
4. 5-6 curry leaves
5. $\frac{1}{2}$ tsp mustard seeds
6. 1 tsp chana dal
7. 1 tsp oil
8. Salt to taste

INSTRUCTIONS

1. Heat oil, and add mustard seeds, chana dal, green chilli, and curry leaves.
2. Sauté for a minute.
3. Add cooked millet and salt.
4. Switch off the flame and mix in lemon juice.
5. Serve warm with papad.

5. LITTLE MILLET VEGETABLE SOUP

- Cuisine: Fusion / Healthy Soup
- Prep Time: 10 mins
- Cook Time: 20 mins
- Servings: 3
- Calories: ~150 kcal per serving
- Protein: ~5g
- Aggregate Rating:
★★★★☆



Ingredients

1. $\frac{1}{4}$ cup little millet

(washed)

2. 1 carrot (diced)

3. $\frac{1}{2}$ cup cabbage

(shredded)

4. $\frac{1}{2}$ cup beans (chopped)

5. 1 small onion (chopped)

6. 1 tsp ginger-garlic paste

7. $\frac{1}{2}$ tsp black pepper

8. $\frac{1}{2}$ tsp cumin powder

9. 1 tbsp olive oil or ghee

10. 4 cups water or vegetable stock

11. Salt to taste

INSTRUCTIONS

1. Heat oil in a pan, sauté onion and ginger-garlic paste.
2. Add carrot, beans, and cabbage. Cook for 3–4 mins.
3. Add millet, pepper, cumin, salt, and stock/water.
4. Simmer for 15–20 mins until millet is cooked and soup is slightly thick.
5. Serve warm with a sprinkle of fresh coriander.

happy eating

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