

# NutriGrains: Modern Millet Recipes for Everyday Wellness



**ICAR-Central Institute of Temperate Horticulture,  
Regional Station, Dirang  
Arunachal Pradesh. India -790101**

# **NutriGrains: Modern Millet Recipes for Everyday Wellness**

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***Citation***

***F.No. CITH/Millets manual/NEH/2026-2***

ICAR-Central Institute of Temperate Horticulture, Regional Station, Dirang, Arunachal Pradesh. India -790101.

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***Published by***

**Director**

Central Institute of Temperate Horticulture, Regional Station, Dirang, Arunachal Pradesh. India -790101.

Phone: 0194 230 5044

<https://cith.icar.gov.in/>

***Printed at***

## FOREWORD



**Dr. M. K. Verma**, Director

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790101.

It is my pleasure to introduce the publication “NutriGrains: Modern Millet Recipes for Everyday Wellness, manual for Millets of Arunachal Pradesh,” prepared by Dr. Pradeepkumara N., Scientist (Vegetable Science), ICAR–CITH Regional Station, Dirang, in collaboration with Dr. Sangappa ICAR–Indian Institute of Millets Research (IIMR), Hyderabad. This manual is a significant contribution toward promoting millet cultivation and value addition in Arunachal Pradesh, particularly in West Kameng district, which offers favourable agro-climatic conditions for millets such as finger millet (Ragi), Buckwheat, Amaranth, Pearl Millet and Sorghum.

Millets are globally recognised for their nutritional richness, climate resilience, and role in sustainable agriculture. The declaration of 2023 as the International Year of Millets highlighted their importance in food and nutritional security. India, the world’s largest millet producer, recorded a production of about 180 lakh tonnes during 2024–25, reflecting growing farmer adoption and policy support. Arunachal Pradesh, with its diverse agro-ecologies, holds considerable potential for millet cultivation alongside traditional cereals, offering new opportunities for livelihood enhancement through value-added products.

Backed by the research leadership of ICAR-IIMR, this manual provides region-specific guidance on good agricultural practices for millets. It will serve as a useful reference for farmers, extension personnel, researchers, students, and policymakers, supporting improved productivity, sustainability, and market competitiveness of millets in the state.

A handwritten signature in blue ink, appearing to be 'M. K. Verma', written in a cursive style.

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## FINGER MILLET (RAGI)

### 1. RAGI CHIPS



#### **Ingredients**

- 2 cups of ragi flour
- ½ cup whole wheat flour
- 2 tbsp rice flour
- 1 tbsp salt
- ¼ tsp turmeric powder
- 1 tsp red Chilli powder
- 1 tsp chaat masala
- 1 tsp cumin powder
- Oil

#### **Method of preparation**

- Take a bowl add ragi flour, whole wheat flour, rice flour, salt, turmeric powder, Chilli powder, chaat masala, cumin powder and mix all the ingredients properly.
- Gradually add water and knead the mixture into a soft dough.
- Fit a chakli maker with a ribbon plate, grease it lightly to ensure the dough comes out smoothly.
- Fill the chakli maker with the prepared dough and secure it tightly.
- Press the dough into ribbon shapes directly into hot oil and deep fry on medium heat until golden brown and crispy.
- Can bake the ribbons at 140°C for 20 minutes for a healthier version.

## 2. RAGI SANDIGE



### Ingredients

- ½ cup of ragi flour
- 3 cups of water
- 1 tbsp salt
- 6 green chillies
- ½ tbsp jeera or cumin seeds
- 2 pinches hing
- Oil

### Method of preparation

- Take a bowl and mix ragi flour with cup of water and keep it aside for 2-6 hrs.
- Grind soaked ragi flour along with green chillies to fine paste.
- Boil the remaining water in a pan along with salt, jeera and hing.
- Once water starts to boil add the ragi mix and keep stirring.
- After 5-6 min (you see batter is shining) turn off the heat and allow it to cool.
- Once the batter is warm enough, spread out 1 tablespoon of batter at a time on a plastic sheet. Leave equal space between each spread. Keep it slightly thicker, that way when it is dried it will not be wafer thin & sundry this sandige for 2 days.
- When they are snap dry and look translucent, store them in an airtight container.
- To fry them, heat enough oil in a pan. As the oil is hot, set the flame on medium and drop a fryum. Press it at the center, it expands as it cooks.
- Once it is all cooked, remove it onto a tissue paper to drain excess oil.

### 3. RAGI CHILLA



#### Ingredients

- 1 cup ragi flour
- ½ cup besan
- ¼ cup rice powder
- ½ tbsp Ajwain
- ½ tbsp cumin seeds
- Salt
- Pinch of hing
- Vegetables like onion, carrot & chilly (Grated)

#### Method of preparation

- Take a bowl and add ragi flour, besan, rice powder, ajwain, cumin seeds, salt and pinch of hing and mix it well.
- Gradually add water and stir well to form a smooth batter.
- Add grated vegetables & mix it properly until it gets dosa batter consistency. You may also add a spoonful of curd (optional)
- Heat a non-stick pan and lightly grease it with 1 tablespoon of oil.
- Pour 2–3 ladles of the batter onto the pan and gently spread it into a round chilla shape.
- Cook on medium heat for about 5 minutes or until it firms up, then flip and cook the other side for another 5 minutes.
- Once it turns golden brown and crispy, remove from the pan.
- Serve hot with ketchup, mint curd dip, or any chutney of your choice.

## 4. RAGI ICECREAM



### Ingredients

- ¼ cup Ragi flour
- ¼ Condensed milk
- 250 ml fresh cream
- ¼ cup milk
- 1 tbsp vanilla essence
- 250 ml water
- 5 tbsp sugar

### Method of preparation

- Take a bowl add 250 ml of water and ¼ cup of ragi powder without any impurities. Mix well until smooth and lump-free.
- Strain the mixture using muslin cloth.
- Take a pan and add strained ragi mixture with ¼ cup of milk and 5 tablespoons of sugar
- Cook the mixture on low flame, stirring continuously to prevent lumps, until it thickens.
- Allow it to cool for 2–3 minutes.
- Transfer the cooled mixture to a blender jar. Add ¼ cup of condensed milk and 250 ml of fresh cream. Blend until smooth.
- Add 2–3 teaspoons of vanilla essence and blend again briefly.
- Pour the blended mixture into a container, cover with aluminum foil, and freeze it for 8–12 hours at around 3°C.
- Once frozen, scoop out the ragi ice cream and serve with your favorite toppings like tutti frutti, chocolate syrup, nuts, or cherries etc.

## 5. RAGI IDLI



### Ingredients

- 1 cup of ragi flour
- ½ cup of idli rice
- ½ cup of whole urad dal
- 1 tbsp fenugreek seeds
- Rice flakes (poha)
- Salt

### Method of preparation

- To a big bowl add 1 cup of ragi flour, ½ cup idli rice ½ cup whole urad dal and 1 tea spoon fenugreek seeds. Rinse thoroughly with water.
- Wash the mixture 3–4 times until the water runs clear.
- Once clean, soak the ingredients in water for about 6 hours.
- After 6 hours, add ½ cup of flattened rice flakes (poha). If needed, rinse them before adding.
- Mix well and let it soak for an additional 10 minutes.
- Drain the water and transfer the mixture to a mixer jar. Grind in batches, adding a little water each time.
- Grind into a smooth batter, adding salt and water as needed.
- Mix the batter thoroughly with your hand—the warmth helps in better fermentation.
- Cover the bowl and allow the batter to ferment for 8 hours.
- After fermentation, the batter will rise and appear airy—give it a gentle stir.
- Lightly grease the idli plates with oil.
- Bring water to a boil in the idli steamer.
- Pour the batter into the idli molds and place them in the steamer.
- Cover and steam the idlis on medium flame for 10–12 minutes.

- To check doneness, insert a spoon or knife—if it comes out clean, the idlis are ready; if not, steam for a few more minutes.
- Serve the soft ragi idlis hot with chutney and sambar.

## 6. RAGI BANANA CAKE



### Ingredients

- Banana - 3 pieces / 300 g (100 g each medium banana)
- Sugar - 80 g
- Oil - 10 ml
- Vanilla extract - 1 tsp / 5 ml
- Maida (refined flour) /50 g
- Ragi flour - 50 g
- Baking powder - 1 tsp / 4 g
- Baking soda - 1/2 tsp /2 g
- Cinnamon powder - 1/2 tsp /1 g
- Salt 1/4 tsp /1 g
- Egg-2
- Salted butter – 5gm
- Dry fruits (Walnut, Badam, Cashew, Raisins, Pista 5 g each) /30 g total

### Method of preparation

- Preheat the oven and lightly grease a round cake pan with butter.
- Peel and mash ripe bananas in a mixing bowl until smooth.
- Add sugar, oil, vanilla extract, eggs, and melted salted butter to the mashed bananas. Mix everything well until fully combined.
- In another bowl, combine all-purpose flour, ragi flour, baking powder, baking soda, cinnamon powder, and a pinch of salt.

- Gradually fold the dry ingredients into the wet mixture, mixing gently to keep the batter light and airy.
- Add a mix of chopped dry fruits like walnuts, almonds, cashews, raisins, and pistachios, and stir to distribute them evenly.
- Pour the batter into the prepared pan and bake until the top is golden brown and a toothpick inserted in the center comes out clean.
- Let the cake cool slightly in the pan before removing and serving.

## **KODO MILLET RECIPES**

### **1. KODO MILLET PANCAKES**



#### **Ingredients**

- 1 cup Kodo millet flour
- ¼ cup chopped fresh moringa leaves
- 1 finely chopped onion
- 1 green chilli
- 1tbsp cumin seeds
- Salt
- 1cup of water to make batter
- Oil for shallow frying

#### **Method of preparation**

- Take a bowl mix all ingredients except oil with enough water to form a thick batter.
- Heat a pan over medium flame and pour a ladleful of the batter onto it. Spread it gently into a thick pancake.

- Drizzle some oil around the edges and cook on both sides until golden brown.
- Serve hot with chutney or yogurt.

## 2. KODO MILLET KICHIDI



### Ingredients

- ½ cup of Kodo millet
- ½ cup of yellow moong dal
- 2 bay leaves
- 1 spoon ghee
- ½ tbsp cumin seeds
- 1 tbsp chopped ginger
- 1 tbsp garlic (chopped)
- 1 green chilli
- 1 medium chopped onion
- 1 bowl mixed vegetables
- ¼ tbsp turmeric powder
- ¼ tbsp cumin seeds
- ¼ tbsp garam masala powder
- Salt
- Chopped coriander leaves.

### Method of preparation

- Firstly, soak ½ cup of Kodo millet for 5-6 hrs.
- Soak ½ cup of moong dal separately for about 10–15 minutes.

- In a pressure cooker, add soaked Kodo millet, moong dal, bay leaves, and 1 cup of water. Pressure cook on low flame for 2–3 whistles.
- Meanwhile, heat 1 teaspoon of ghee in a kadhai. Add cumin seeds, finely chopped garlic, ginger, green chilies, and onions. Sauté for 2–3 minutes.
- Add mixed vegetables of your choice and stir well. Then add turmeric powder, black pepper, cumin powder, salt, and chopped tomatoes. Mix and cook for a few more minutes.
- Add the pressure-cooked millet, dal, and bay leaves to the kadhai. Pour in 2–3 cups of water and let it simmer on low flame for about 5 minutes until it begins to boil.
- Add garam masala and freshly chopped coriander leaves. Mix everything well.
- For tempering, heat ½ teaspoon of ghee in a small pan. Add ¼ teaspoon cumin seeds and ¼ teaspoon hing (asafoetida), and sauté for 1–2 minutes. Pour this tadka over the khichdi.

### 3. KODO MILLET PAKODA



#### Ingredients

- 1 cup of Kodo millet
- ½ cup of split black gram
- ½ cup chopped onion
- ½ cup chopped capsicum
- 1 chopped green chill
- 1 tbsp ginger
- 3 garlic cloves
- 5-6 chopped curry leaves
- Chopped coriander leaves

- 1 tbsp black pepper
- 3 cups of oil for shallow fry

### **Method of preparation**

- Soak Kodo millet and split black gram dal for 6–7 hours.
- Drain the water and grind them together in a mixer to form a slightly sticky batter.
- To the batter, add finely chopped onions, capsicum, coriander leaves, green chilies, ginger, garlic slices, curry leaves, salt, and black pepper.
- Add 1 teaspoon of oil and mix everything well.
- Heat oil in a pan. Once hot, reduce the flame to low and drop small portions of the batter into the oil to form pakodas.
- Fry until they turn golden brown—crispy on the outside and soft on the inside.
- Remove from oil, drain excess oil, and serve hot with chutney or sauce of your choice.

## **4. KODO MILLET NACHOS**



### **Ingredients**

- 1 cup Kodo millet flour
- 1/4 cup Corn flour
- 1/2 tbsp Cumin powder
- 1/2 tbsp red chilli powder
- Salt
- Oil
- Warm water

### **Method of preparation**

- In a mixing bowl, combine Kodo millet flour, corn flour, cumin powder, red chili powder, and salt.
- Add 1 tablespoon of oil and mix thoroughly.
- Gradually pour warm water and knead into a firm dough. Cover the dough and let it rest for 15–20 minutes.
- Divide the dough into small portions and roll each into a ball.
- Place each ball between two sheets of parchment paper and roll out into a flat circle. Cut into triangle shapes using a knife or pizza cutter.
- Heat oil in a pan over medium flame. Fry the nacho triangles until they turn golden and crispy.
- Remove and drain on paper towels.

## 5. KODO MILLET SEV



### Ingredients

- 1 cup Kodo millet flour
- ½ cup Bengal gram flour
- 1 tbsp ajwain
- ¼ tbsp hing
- 2 cups of oil to fry
- Salt

### Method of preparation

- Grease a murukku press with oil and fill it three-fourths full with the prepared dough.

- Heat oil in a pan, then reduce the flame to low. Gently press the dough into the hot oil in a circular motion, making two rounds without overlapping.
- Fry the sev until it turns golden brown and the bubbles subside. Flip and cook the other side evenly.
- Remove the fried sev and place it on a kitchen towel to absorb excess oil.
- Repeat the process with the remaining dough. Once cooled, break the murukku-shaped sev into small pieces and store in an airtight container.

## **BARNYARD MILLET**

### **1. BARNYARD MILLET POHA**



#### **Ingredients:**

- 1 cup Barnyard millet
- 1 Onion
- 2-4 Green chilli
- ½ tbsp turmeric
- 8-10 Curry leaves
- 2 tbsp Oil
- ½ tbsp cumin seeds
- 1tbsp Peanuts
- Salt
- ½ tsp Lemon juice
- Coriander leaves

#### **Method of preparation**

- Wash and soak barnyard millet for 20–30 minutes. Drain the water and cook the millet with 2 cups of water until it becomes fluffy (not mushy). Let it cool completely, then fluff it with a fork.
- In a pan, heat some oil and sauté peanuts until golden brown. Remove and set aside.
- In the same pan, add cumin seeds, curry leaves, green chilies, and chopped onions. Sauté until the onions turn soft.
- Add the sautéed peanuts back to the pan along with turmeric powder and salt.
- Gently mix the cooked and cooled barnyard millet.
- Stir everything together on low heat for a few minutes until well combined.
- Turn off the flame, add lemon juice, and garnish with chopped coriander leaves.

## 2. BARNYARD MILLET KHEER



### Ingredients:

- ¼ cup Barnyard Millet
- 2-3 tbsp Ghee
- 6-7 Almonds
- 6-7 Cashews
- 1 tbsp Raisins
- 500ml Milk
- 3 tbsp Sugar
- ¼ tsp Cardamom

### Method of Preparation:

- Wash barnyard millet thoroughly and soak it for 1 hour. Drain the water before cooking.
- In a pan, heat 2–3 teaspoons of ghee and sauté almonds, cashews, and raisins until golden brown. Set them aside.

- In the same pan, add the soaked millet along with 1 cup of water. Cook on medium heat until the millet is soft and the water is fully absorbed.
- Pour in the milk and bring it to a gentle boil. Stir occasionally to prevent it from sticking to the bottom. Let it simmer for about 15 minutes, until the mixture thickens slightly and the millet becomes fluffy and tender.
- Add sugar and stir well until it dissolves completely.
- Finally, add the sautéed nuts and cardamom powder. Mix well.

### 3. BARNYARD MILLE PONGAL



#### Ingredients:

- 1 cup Barnyard millet
- 1 tbsp Ghee
- ½ cup Moong dal
- ½ tbsp Ginger –
- 1-2 Green chilli
- ½ tbsp cumin seeds
- ½ tbsp black pepper
- 8-10 Curry leaves
- 6-7 Cashew
- Salt

#### Method of preparation:

- Wash barnyard millet and soak it overnight.
- Dry roast the moong dal in a pan until it turns aromatic.

- Rinse the soaked barnyard millet and the roasted moong dal together.
- Add the millet and dal to a pressure cooker with 3 to 3.5 cups of water and a pinch of salt.
- Pressure cook for 3–4 whistles, or until the mixture is soft and well-cooked.
- Meanwhile, heat ghee in a pan and fry cashews until golden brown. Remove and set aside.
- In the same pan, add cumin seeds, black pepper, green chilies, curry leaves, and grated or chopped ginger. Sauté for a minute.
- Pour this tempering into the cooked millet-dal mixture and mix well.
- Garnish with the fried cashews.

#### 4.BARNYARD MILLET KULFI



##### **Ingredients:**

- 100ml Barnyard milk
- 100ml Regular milk
- 50g Milk powder
- 30g Sugar
- 10g corn flour
- 2g cardamom powder
- ¼ tbsp Lemon juice
- 10g Cashew, Almond

##### **Method of preparation**

- Soak barnyard millet grains overnight. Grind them into a fine paste.

- Extract the milk from the ground mixture using a muslin cloth. Set the extracted millet milk aside.
- In a blender, combine milk powder, sugar, corn flour, lemon juice, cardamom powder, and chopped dry fruits. Blend to form a smooth mix.
- In a pan, combine the blended mix with the extracted barnyard millet milk and regular milk. Cook on low heat, stirring continuously, until the mixture thickens to a creamy consistency.
- Let it cool completely.
- Pour the mixture into kulfi molds and freeze overnight.
- Once set, demold and serve as a healthy and delicious millet-based dessert.

## 5. BARNYARD MILLET NACHOS



### Ingredients:

- 50g Maize flour
- 30g Barnyard millet flour
- 20g Wheat flour
- 2g Oregano
- 5g Black pepper powder
- 5g Rock salt
- 20g Red bell pepper

### Method of preparation:

- In a mixing bowl, add maize flour, barnyard millet flour, wheat flour, oregano, black pepper powder, rock salt, and red bell pepper paste.
- Mix all the ingredients thoroughly.
- Gradually add water and knead into a firm, non-sticky dough.

- Cover and let the dough rest for 10 minutes.
- Preheat the oven to 150°C for 10 minutes.
- Take a small portion of the dough and roll it out into a thin sheet. Cut it into triangles or any desired shape using a knife.
- Place the cut pieces on a baking tray and bake at 150°C for 20 minutes or until crisp.
- Once baked, top with finely chopped onions, tomatoes, coriander leaves, a pinch of chili powder, salt, and black pepper.
- Serve immediately as a healthy, crunchy snack.

## **PROSO MILLET**

### **1.PROSO MILLET NIPPATU**



#### **Ingredients:**

- 100g Proso millet flour
- 75g Rice flour
- 50g Bengal gram flour
- 50g Groundnut
- 15g Chilli powder
- 5g Cumin seeds
- 1g Turmeric
- Salt
- 6-7 Curry leaves
- 5g Sesame
- Oil

### **Method of preparation:**

- In a pan, dry roast groundnuts until they turn light brown. Set aside and partially crush them.
- In a large mixing bowl, add proso millet flour, rice flour, Bengal gram flour, crushed groundnuts, red chili powder, cumin seeds, turmeric powder, salt, curry leaves, and sesame seeds.
- Mix all the dry ingredients well.
- Add hot oil to the mixture and combine thoroughly until it reaches a crumbly texture.
- Gradually add water and knead into a firm, non-sticky dough.
- Take small portions of the dough and flatten them into thin discs on a greased surface using a roller or your hands.
- Heat oil in a deep pan. Once the oil is hot, fry the nippattu on medium flame until golden brown and crispy.

## **2. PROSO MILLET PALAK KHICHIDI**



### **Ingredients:**

- ½ cup Proso millet
- ½ cup Moong dal
- 1.5 cup Spinach
- 1-2 tbsp Ghee
- ½ tbsp Cumin seed
- 1 bay leaf
- 1 small Onion
- 1 tbsp Garlic (chopped)

- 1tbsp Ginger (chopped)
- 1-2 dry red chilli
- ½ tbsp Turmeric
- ½ cup Peas
- Salt

### **Method of preparation:**

- Wash proso millet thoroughly and soak it for 6–8 hours.
- Dry roast moong dal in a pan for 2–3 minutes until aromatic. Wash and soak it for 30 minutes.
- Chop the spinach and blend it into a smooth puree.
- Heat ghee in a large pan. Add cumin seeds, chopped ginger, garlic, bay leaf, dry red chili, and onions. Sauté for a minute until fragrant.
- Add the soaked proso millet and moong dal to the pan. Mix well.
- Pour in 6 cups of water, then add turmeric and salt to taste. Let it cook for 10–15 minutes.
- Add the spinach puree and green peas to the mixture.
- Continue to cook on medium flame until the millet and dal are soft and well-cooked.

### **3. PROSO MILLET CURD RICE**



#### **Ingredients**

- 50 gm Proso Millet

- ½ cup water
- 1 tbsp fresh cream
- 3 tablespoons milk
- ½ cup curd
- 1/2 tsp oil
- 1/4 tsp mustard seeds
- 1/4 tsp chana dal
- 1 tablespoon Pomegranate seeds
- 4-5 dry red chilli
- Coriander and curry leaves

**Preparation:**

- Wash and soak proso millet for 3–4 hours.
- Drain the water, add ½ cup of fresh water, and cook the millet on medium flame until soft.
- Once cooked, mash the millet well. Add salt, fresh cream, and milk. Mix thoroughly.
- Add curd and pomegranate seeds, and mix gently.
- In a small pan, heat oil and add mustard seeds, chana dal, dry red chilli, curry leaves and a pinch of asafoetida. Let it splutter.
- Pour the tempering over the millet curd mixture and mix well.
- Garnish with chopped coriander leaves.

**4. PROSO MILLET PALAK ROTI**



**Ingredients**

- 250gms proso millet flour

- 1 cup hot water
- Salt
- Chopped palak
- 1 tbsp Jeera
- Oil

### **Method of preparation**

- In a mixing bowl, add proso millet flour, salt, chopped palak, and cumin seeds.
- Gradually pour in warm water, mix and knead into a soft, smooth dough.
- Cover the dough and let it rest for 10–15 minutes.
- Divide the dough into equal-sized balls.
- Flatten each ball and roll into a medium-thick roti (use parchment paper or grease your hands to prevent sticking).
- Heat a tawa or pan on medium flame.
- Place the roti on the hot tawa and cook until brown spots appear.
- Flip and cook both sides, applying a little oil or ghee.
- Once fully cooked and golden, remove from the tawa.
- Serve hot with chutney, curd, or curry.

## **5.PROSO MILLET KHEER**



### **Ingredients**

- 1/2 cup proso millet
- 3/4 cup jaggery

- 2.5 cup coconut milk
- 3 cardamom
- Cashew and raisins
- 1 spoon ghee

### **Method of preparation**

- In a pressure cooker, heat a little ghee and sauté the washed proso millet for a minute.
- Add 1.5 cups of coconut milk and bring it to a boil, then close the lid and pressure cook for 2 whistles.
- Meanwhile, in a separate pan, add jaggery, crushed cardamom, and ¼ cup of water.
- Let the jaggery dissolve completely. Strain the syrup to remove any impurities.
- Roast raisins and cashews in ghee and keep aside
- Once the millet is cooked, mash it slightly for a smooth texture.
- Add 1 cup of coconut milk and mix gently.
- Gradually pour in the jaggery syrup, stirring continuously.
- Cook the mixture on low heat for another 2 minutes. Lastly add ghee roasted raisins and cashews
- Serve warm or chilled as a delicious and healthy dessert.

## **LITTLE MILLET**

### **1.LITTLE MILLET CHAKLI**



### **Ingredients**

- 3 cup little millet flour
- 2 tbsp sesame seed
- ¼ tbsp turmeric

- ¾ tbsp chili powder
- 1 cup bengal gram flour
- 1tbsp dhaniya and jeera powder
- Oil

### **Method of preparation**

- Take little millet flour in a mixing bowl.
- Add green chili paste, sesame seeds, red chili powder, turmeric powder, salt, and dhania jeera powder.
- Mix all the ingredients thoroughly.
- Gradually add water and knead into a soft dough.
- Add a little oil to the dough and knead again to make it smooth.
- Grease the chakli maker with oil and fill it with the prepared dough.
- Press and shape the chaklis onto a greased surface or parchment paper.
- Heat oil in a deep pan on medium flame.
- Deep-fry the chaklis on medium to low heat until they turn golden brown and crisp on both sides.
- Drain on paper towels and let them cool completely and store in an airtight container.

## **2.LITTLE MILLET KHEER**



### **Ingredients**

- 1/4 cup little millet
- 1.5 cups Boiled Milk
- 1/4 cup Sugar

- 1 tbsp Ghee
- 5 to 6 Cashews
- 1/4 tbsp Cardamom powder
- 1 cup water
- Few Saffron strands

### **Method of preparation**

- Heat ghee in a pan and roast cashews until golden brown. Remove and set aside.
- In the same ghee, add rinsed little millet and roast for a few seconds.
- Add 1 cup of water to the millet and cook until soft. Cover with a lid and simmer for a few minutes.
- Once the millet becomes soft and slightly mushy, add milk to the pan.
- Stir continuously and let the millet cook in milk until it thickens to a creamy consistency.
- Meanwhile, soak saffron strands in a teaspoon of warm milk.
- Add the saffron milk and sugar to the kheer and continue cooking until everything blends well.
- Finally, add cardamom powder and mix well.
- Garnish with the roasted cashews and serve warm or chilled.

### **3. LITTLE MILLET CURD RICE**



#### **Ingredients**

- ½ cup little millet
- 2 cups of water
- ¾ cup curd

- ¼ cup milk
- 3 tablespoon carrot grated
- 2 teaspoon coriander leaves finely chopped
- salt
- 1 teaspoon oil
- ½ teaspoon mustard seeds
- ½ teaspoon split urad dal
- few curry leaves
- 1 green chilli finely chopped
- ¼ piece ginger

### **Method of preparation**

- Boil water in a pot, add little millet, and cook until the millet turns soft and water is fully absorbed.
- Turn off the flame and allow the cooked millet to cool slightly.
- Transfer the millet to a mixing bowl and mash it lightly.
- Add curd and milk to the mashed millet and mix well to get a smooth consistency.
- In a small tadka pan, heat oil and add mustard seeds, urad dal, curry leaves, green chilies to temper. Let them splutter.
- Pour the tempering into the millet-curd mixture.
- Add grated carrot, chopped coriander leaves, and salt as required. Mix everything thoroughly.
- Serve chilled, garnished with fresh coriander leaves.

## 4. LITTLE MILLET PURI



### Ingredients

- ¼ cup little millet flour
- ¼ cup wheat flour/ Atta
- Water
- Salt
- Oil

### Method of preparation

- In a mixing bowl, add little millet flour, whole wheat flour, salt, and a little oil. Mix well.
- Gradually add water to the flour mixture and knead into a stiff dough.
- *Note:* A stiff dough helps the pooris puff up well; avoid making it too soft.
- Cover and let the dough rest for 20 minutes.
- After resting, divide the dough into equal-sized small balls.
- Heat oil in a deep-frying pan on medium flame.
- Roll each dough ball into a small circle (poori shape), ensuring it's not too thick or too thin.
- Carefully slide the rolled poori into the hot oil.
- When it puffs up, gently flip and fry the other side until golden brown.
- Remove and drain excess oil on a paper towel.
- Serve hot with chana masala, curry, or your choice of gravy.

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