



Healthy4life.ca Newsletter - June 2017

Holistic nutrition includes body, mind and spirit. Articles will address each area.

Hello, Friends!



About Millet

Organic millet is a food source of complete protein (one of the sensational seven) containing all 9 essential amino acids (EAAs). It is a good option instead of animal proteins.

Millet can be *Pennisetum glaucum* (pearl), *Eleusine coracana* (red or finger), *Setaria italic* (foxtail) or *Penicum miliaceum* (white proso).

Cooked millet contains protein, fiber, magnesium, manganese, phosphorus, niacin, thiamine, copper, riboflavin, iron, zinc, vitamin B6, omega 3 and omega 6 as well as other nutrients.



Plant Some Bush Fruits

Above from left to right, raspberries, blueberries, gooseberries and strawberries.

Fresh raspberries contain omega 3, omega 6, fiber, vitamin C, manganese and magnesium.

Fresh blueberries contain fiber, vitamin C, vitamin K and manganese.

Fresh gooseberries contain vitamin A, vitamin B6, potassium, manganese, fiber and vitamin C.

Fresh strawberries contain folate, potassium, fiber, vitamin C and manganese.

Packed with nutrition. Go wild, grow wild!

Recipe of the Month - Raspberry Smoothie

1 cup or 250 ml each of almond milk
1/2 cup or 125 ml raspberries
pinch cinnamon
1 serving.

The raspberries contain omega 3, omega 6, fiber, vitamin C, manganese and magnesium. Almond milk contains calcium, magnesium, manganese and vitamin E.



Recipe 2 of the Month - Millet Medley

Left-plain cooked millet.

Preparation for One Person (2 servings or 2 portions)

Allow 2 servings per person since most people consume that amount in a meal. Multiply the recipe for the number of people being served. These foods count as both protein and carbohydrate. Keep the carbohydrate property of the millet and the vegetables in mind when planning which other foods to prepare for the same meal.

(counts as 2 protein, 3 carbohydrate, 4 vegetable)

1/2 cup or 125 ml millet
1-1/2 cups or 375 ml water

pinch of sea salt

1 teaspoon or 5 ml virgin olive oil or coconut oil
1/4 cup or 65 ml finely chopped onion (cooking, Spanish or red)
1/2 cup or 125 ml thinly sliced celery
1/2 cup or 125 ml shredded or thinly sliced carrot
1/2 cup or 125 ml diced bell pepper (red, green, orange or yellow)
1/4 cup or 125 ml fresh minced parsley (curly or flat)

Optional flavourings:

1/4 teaspoon or 2.5 ml dried red pepper flakes
1/4 teaspoon or 2.5 ml ground black pepper
1/4c cup or 125 ml parmesan or extra old cheddar
1 tablespoon or 15 ml sunflower or pumpkin/squash seeds

Add oil and vegetables to pot. Saute for 5 minutes until onions soften. Add the millet, water, vegetables and seasonings, everything except the cheese.

Bring to a boil, reduce heat and simmer for 12-15 minutes. Remove from heat. Let stand for 5 minutes. Fluff with a fork. Stir in the cheese. Some people prefer adding the parsley at the end with the cheese. Sprinkle with sunflower or pumpkin/squash seeds for extra crunch. Serve alone or with a dark green leafy salad.

This will make about 1-3/4 cups or 440 ml cooked millet. Adding more water or cooking it longer tends to make it mushy and it loses the texture of individual grains. This recipe is also good cold for lunch. It also tastes great stuffed into half a small squash and baked or microwaved, cook the squash first, stuff with millet medley and reheat to serve. The squash has to be counted as a carbohydrate.

Alterations

♥If you are following an anti-inflammatory diet, eliminate the bell pepper and substitute any other non-starchy vegetable that you like.

♥If you are following a dairy free diet, eliminate the cheese.

Below - 4 millet dishes.



Online Nutrition Data Tool

Nutritiondata.self.com has information for the serving size listed that details the nutrients in a particular food. Usually there is more than one entry, one for raw, one for cooked, etc. Click on the blue button above to go to the web site.

Online: The Lupus Self Management Program, 12 weeks coming in January.

**Be healthy 4 life,
Cathy Ferren RHN**

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