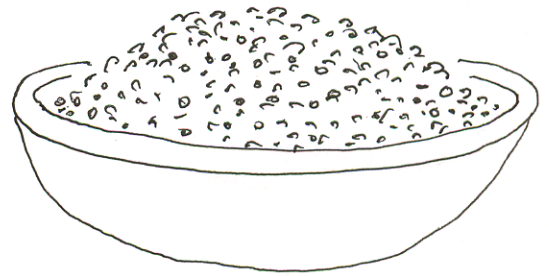


# Millet & Quinoa



- 2 cups dry millet
- 1/4 cup dry quinoa
- 4 1/2 cups water
- Pinch of salt (optional)



1. Put millet, quinoa, water, and salt (if using) in a pot or rice cooker.
2. Over medium-high heat, bring to a boil, then reduce heat to low, cover pot, and allow to simmer until all the water has been absorbed by the grain - 15 to 20 minutes.
3. Remove the pot from the heat and let stand for 5 minutes, covered. Don't peek!
4. Remove the lid and use a fork to gently fluff the grain.
5. **EAT!** (delicious served under greens...)

## VARIATIONS:

- \* Stir in 2 tablespoons of butter or coconut oil during step 4, when fluffing.
- \* Substitute some or all of the water for stock in step 1.
- \* Toast the dry millet in a pan on the stove over medium heat for 5 minutes, or until golden-brown and fragrant, before adding the quinoa + water.