



## Colourful Millet upma ( OP I )

Serving: 1

Veg

### *Ingredients*

- -2 tbsp of barnyard millet ( Samo )
- -2 tbsp grated carrot
- -1 tbsp grated beetroot
- -2 tbsp finely grated coconut
- -1 tsp black mustard seeds
- -5-6 curry leaves
- -1 tbsp roasted peanuts
- -salt, red chili powder
- -lemon juice to taste

### *Preparation Method*

- -Wash the millets and soak them for 6 to 8 hours. Rinse with fresh water and cook in 1.5 to 2 times the quantity of water.
- -Dry roast the mustard seeds and curry leaves in a wok.
- -Once the millet has cooled down, mix it with the carrots, beetroot and coconut, salt, chili powder and lemon juice. Season with the dry roasted -mustard and curry leaves. Lastly mix the peanuts to retain the crunch. Serve with chutney on the side.
- -Other vegetables like french beans, peas or corn can be used.