Kunu is a non-alcoholic Nigerian beverage made of germinated grain known as millet. It is also called Kunuzaki. Millet, which is the principal ingredient, is also used in preparation of various dishes and drinks including beer. According to study, India is the largest producer of millet in the world, even as Kunu is particularly popular in Northern Nigeria.  
  
Sorghum and maize are also used as a substitute for millet in preparation of this drink. It is whitish when prepared with millet or maize, while the Sorghum variant is slightly brownish in colour. Kunu is highly recommended for vegetarians. Kunu can be taken with bread or snacks.  
  
Ingredients  
3 cups millet  
2 tubers sweet potatoes  
I tbs grounded ginger  
½ cup sugar  
  
Preparation  
Pick stones from the millet and wash. Soak for 10 hours in cold water(preferably overnight).  
  
Wash the millet in the morning with clean water, add ginger, sweet potatoes and blend.  
  
Reserve one cup from the paste and set aside. Boil 2 litres of water and prepare the remaining paste like pap.  
  
Allow cooling,  then pour the reserved 1 cup inside the mixture and stir properly. Cover it and let it stay till evening.  
  
Filter the mixture with sieve to remove the chaff.  
  
Mix with sugar and refrigerate.  
  
Best served chilled.  
  
Health benefits of Kunu drink  
According to healthdiaries.com, millet contains a polynutrient called lignan, which has cancer fighting properties and is beneficial in thetreatment of heart disease.  
  
It is also known to reduce the risks associated with diabetes.  
  
Kunu is good for women that have reached the stage of menopause as it helps them relax their muscles.  
  
It is also recommended for nursing mothers as it helps increase the flow of their --- milk.  
  
Due to the ginger content, it lowers the cholesterol level and prevents the formation of blood cloths.  
  
It contains fibre, thus helping to promote a healthy digestive system.  
  
Kunu helps in the prevention of chronic inflammatory diseases such asrheumatoid arthritis.