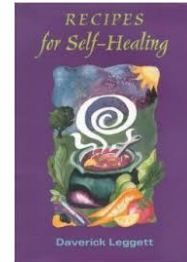


HERBY MILLET



This recipe is from p185 of RECIPES for Self-Healing



Available in the shop

Ingredients:

- ½ Onion
- 2 cloves of Garlic
- 2 teaspoons fresh Parsley
- 1 cup of Millet
- 2 ½ cups of water
- 1 teaspoon Nori Flakes
- 1 teaspoon Sage
- 1 teaspoon Thyme
- Pinch of salt

Millet is a cool grain which nourishes the Kidney. It is also one of the few alkalizing grains, making it easy to digest and strengthening to the Stomach and Spleen. The supportive action of the Kidney is reinforced by the Garlic, Parsley and Nori.

Method:

Chop the onion, garlic, parsley fairly small. Then simply put all the ingredients in a pan, cover and bring to the boil. Simmer for 20-23 minutes adding more water if needed.

Serve with Egg or Cheese and with any Vegetarian dish.

Ingredients are available in the shop. If you are not sure where please ask a member of staff. This recipe is available to view online at www.phoenixshop.co.uk