

Little millet is rich in Magnesium which helps improve heart health. It is also rich in Niacin which helps lower cholesterol. Little millet contains phosphorus which is great for weight loss, tissue repair and energy production after strenuous workout. It also helps detoxify the body.

Little millet is one of the smallest millets and is also called as kutki in Hindi, sava (Marathi), garjro (Gujarati), same (Kannada), Samai (Tamil) and samalu in Telugu.

Little millet is suitable for people of all age groups. Little millet is grown throughout India and is a traditional crop. It is a relative of proso millet but the seeds of little millet are much smaller than proso millet.

It is mostly consumed as rice. Any recipe that demands staple rice can be prepared using little millet. It has the smallest grains, so it cooks faster than other millets.

Little millet is commonly available across the country as a whole grain. Millet flour can be procured from certain sources or more commonly could be made at home. Practically devoid of grain storage pests, the little millets have indefinite storage life.

For humans, they release glucose slowly into the bloodstream as against highly processed rice & wheat, which release it very quickly. Millets are highly nutritious and rich in calcium, protein, fiber and the list goes on. In addition, they are gluten-free, unlike wheat.

1. Prevent diabetes
2. Healthy heart
3. Prevent cancer
4. Anti-aging properties
5. Balance cholesterol level
6. Strengthen bones
7. Assist digestion

### How to Make Little Millet/Samai Upma Recipe

Firstly, wash the Little Millet and soak it in water for at least 15-30 minutes.

In a Kadai, add oil, the mustard seeds, and jeera, and let them splutter.

Then add hing, green chilies, ginger (optional), curry leaves, and saute for a few seconds.

Then add onion. Saute for a minute or two till the onion turns slightly brown.

Later add finely chopped mixed veggies, salt, and saute for 2-3 mins until veggies are cooked.

Then add 1 cup of water and bring it to a boil.

Drain the soaked samai and add it to the boiling water. Mix well. Adjust the salt at this stage.

Then cover with a lid and cook for about 8-10 minutes on low flame.

Once the little millet is cooked (until all the water has been absorbed, thoroughly cooked, and looks grainy), turn off the gas and add grated coconut, coriander leaves, and lime juice.