



**Healthy Grains**  
**Culinary Class with Chef Lisa Fidler**  
**April 2, 2014**

***Carrot Millet Cookies***

makes about 2 dozen cookies

- 1 1/2 cups whole wheat pastry flour (or all-purpose flour)
- 1 cup old-fashioned oats
- 3 tablespoons dry millet
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup coconut oil, melted
- 1/2 cup real maple syrup
- heaping 1 cup shredded carrots
- 1/2 cup dried fruit, coarsely chopped
- 2 teaspoons fresh grated ginger

Place racks in the center and upper third of the oven and preheat oven to 350 degrees F. Line two baking sheets with parchment paper and set aside.

In a medium bowl, whisk together flour, oats, millet, cinnamon, baking powder, and salt. Set aside.

In another medium bowl, whisk together coconut oil, maple syrup, shredded carrots, dried fruit, and ginger. Add the wet ingredients, all at once to the dry ingredients. Fold together until thoroughly incorporated.

Let dough stand for 5 minutes before spooning by the tablespoonful onto the prepared baking sheets.

Bake for 10 minutes, or until just slightly browned and cooked through. I like these cookies a bit underdone. Remove from the oven, allow to cool on the cookie sheet for 5 minutes, then transfer to a wire rack to cool completely.

## 12 Health Benefits of Millet:

1. Millet is alkaline and it digests easily.
2. The Hunzas – who live in a remote area of the Himalayan foothills and are known for their excellent health and longevity – enjoy millet as a staple in their diet.
3. Millet will hydrate your colon to keep you from being constipated.
4. Millet acts as a prebiotic feeding micro flora in your inner ecosystem.
5. The serotonin in millet is calming to your moods.
6. Millet is a smart carb with lots of fiber and low simple sugars. Because of this it has a relatively low glycemic index and has been shown to produce lower blood sugar levels than wheat or rice. (Kamari and Sumathi, 2002)
7. Magnesium in millet can help reduce the effects of migraines and heart attacks.
8. Niacin (vitamin B3) in millet can help lower cholesterol.
9. Millet consumption decreases triglycerides and C-reactive protein. Scientists in Seoul, South Korea concluded that millet may be useful in preventing cardiovascular disease. Nutrition Research. April 2010; 30(4):290-6.
10. All millet varieties show high antioxidant activity. A team of biochemists analyzed the antioxidant activity; all varieties showed high antioxidant activity. Journal of Agricultural and Food Chemistry, 9 June 2010; 58(11):6706-14.
11. Millet is gluten-free and non-allergenic. A great grain for sensitive individuals.
12. Millet's high protein content (15 percent) makes is a substantial addition to a vegetarian diet.