

Millet & Spinach Comfort Bowl

Ingredients

- 1/2 cup millet
- 1 cup spinach, chopped
- 1/4 cup grated carrot
- 1 garlic clove, minced
- 1 1/2 cups water
- 1 tsp olive oil
- Pinch of nutmeg
- Salt to taste

Instructions

1. Rinse millet and place in a pot with water and salt.

2. Add garlic and carrot. Bring to boil, reduce to simmer.

3. After 15 minutes, stir in spinach and nutmeg.

4. Cook 5–7 minutes more. Stir and serve.

Benefits

Gluten-free grain that calms digestion, supports gut and mineral balance.