

Millet Butter

$\frac{3}{4}$ cup cold water
 $\frac{1}{2}$ Tbsp* agar agar powder
 $\frac{1}{2}$ cup packed, cooked, hot millet**
2 Tbsp cleaned, raw cashews (rinse cashews before using)
1 Tbsp peeled cooked carrot
 $\frac{1}{2}$ tsp salt

**Simmer 3 tablespoons of millet grain in 1 cup water with a “shake” of salt for 45-60 minutes... cooking until grain is broken up, no longer looking like little tiny balls

May have to add water to continue cooking, tends to evaporate.

*there are 3 teaspoons to a tablespoon, so if you want $\frac{1}{2}$ tablespoon, use 1 $\frac{1}{2}$ teaspoons

Directions: First cook carrot first and put into a blender (boil in water until soft). 2nd cook millet as instructed above ** and put into blender. 3rd cook agar agar by putting $\frac{3}{4}$ cup cold water and the agar agar powder in a small saucepan and heat up. Cook, stirring constantly until it thickens and becomes clear (approximately 10 minutes). Take off the heat and set aside briefly. Add the cashews and salt to the blender and then pour the agar agar gel into blender. Blend all ingredients together really well, until very smooth and creamy. (you may want to add more salt to taste, if you are used to more salty tasting butter, but remember too much salt in the diet causes illness). Then pour mixture into a little rectangle mold or little bowl and chill, covered. Yields approximately 1 $\frac{1}{4}$ cups.

Per 1 tablespoon serving: 8 calories; 50 mg sodium; 0 mg cholesterol; 0.4 g fat; 0.2 g protein; 1 g carbohydrate

