



European Pedagogics and Nutrition

Millet Balls



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Nutritional aspect

- The balls can be a snack or a dessert.
- They are energetic and healthy.
- They provide good carbohydrates.
- Millet as the only groats has no acidifying effect on the body.



Millet Balls

Ingredients

- a bag of millet (100 g.)
- 1.5 glass of milk
- 1-2 tablespoons honey
- 1 glass of coconut flakes
- almonds
- a few drops almond aroma.

Preparation of the dish

Boil the porridge in milk

Add coconut and honey to the warm porridge and mix. We form balls out of the warm mass by putting almond inside.

We surround the balls in coconut flakes.

We cool in the fridge.

