 **MILLET**

**Millet Burgers**

1 cups millet, cooked until sticky in texture

1 scallion, sliced into small pieces

½ cup peas fresh cooked or defrosted frozen type, uncooked

½ cup carrots, raw or cooked grated

1 tablespoon ginger, fresh grated(optional)

2 cloves garlic, minced or powder to taste

1 teaspoon sesame or olive oil

Lightly coat cookie sheet with oil. Combine all ingredients and make small 2 inch round patties and place on cookie sheet. Bake at 359 degrees Fahrenheit for 15 minutes or until warm. Garnish with bean sprouts!

Serve with lettuce and sliced tomatoes and a side of baked apples and sweet potato slices smashed and sprinkled with powdered cinnamon .