

## Blueberry Millet Tarte

### Ingredients:

1 cup finger millet, washed and soaked overnight in 2 cups water  
3 cups organic blueberries (when in season)  
1 cup apple juice and 2 cups water cooking the millet  
1 ½ cups apple juice for the blueberry kanten  
1 tablespoon agar agar sea vegetable flakes or 1 teaspoon agar powder  
2 Tablespoon kudzu root powder  
1 teaspoon cinnamon powder  
¼ teaspoon nutmeg  
1 Tablespoon lemon juice  
pinch of sea salt  
brown rice syrup or maple syrup  
almond butter  
umeboshi plum vinegar



### Directions:

Bring soaked millet to boil in 2 cups of soaking water, add 1 cup of apple juice and a pinch of sea salt. Place a flame deflector underneath and let cook covered for 30-45 minutes on medium-low heat.

In the meanwhile, line a round springform cake pan with non-stick baking paper. After millet is cooked, place millet in cake pan and even it out with a spatula, then set aside and allow it to cool and naturally set.

In separate pot, heat brown rice syrup, almond butter, few drops of umeboshi plum vinegar, until well mixed. Spread on top of set millet crust.

In a separate wide pot, cook 1 ½ cup apple juice and agar agar, stir until it dissolves. Add in blueberry mixture and let cook for 1 minute, then sprinkle in cinnamon, nutmeg, and freshly squeezed lemon juice.

In a separate bowl, dissolve kudzu in room temperature water then add into the fruit mixture and cook for another 2-3 minutes until it thickens.

Pour on top of millet crust and let cool. Decorate with lemon rind and sunflower seeds.

Once completely cool, put in fridge to allow it to set completely.



#### Yi-Wen's whole food health tip:

We all know blueberries are high in antioxidants but did you know millet is a gluten-free and wheat-free whole grain that is high in iron, protein and rich in B vitamins? It was the chief grain in China before rice became popular. According to Traditional Chinese Medicine, it also has medicinal properties that help to nourish our spleen and pancreas, therefore is helpful for blood sugar disorders. This is a versatile grain which can be used in porridges, cereal, soups and dense breads. The blueberries can be substituted for apples or pears.