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Central Council for Research in Siddha
Ministry of Ayush, Govt. of India

Samai Aval | Little millet flakes

Introduction:

Little Millet Flakes in Tamil are commonly known as *Samai Aval*. *Samai Aval* is easy to prepare and can be enjoyed as a nutritious breakfast or snack. Dietary fiber, which is abundant in little millet flakes and supports good digestion. Little millet flakes can contribute to weight management by promoting satiety and preventing overeating. Significant amount of bioactive nutraceutical components such as phenols, tannins, carotenoids and tocopherols that play important role in health, aging and metabolic disease.

Ingredients:

- *Samai aval* (little millet flakes) - 1 cup
- Cow milk - 50 ml
- Jaggery - 1/8 cup
- Dry fruits - 1/8 cup
- Nuts - 1/8 cup
- Cardamom - a pinch

Method of preparation:

1. Take *Samai aval* in a bowl.
2. Pour milk and sprinkle powdered jaggery
3. Then add dry fruits and crushed nuts to it and stir well.
4. Finally add a pinch of Cardamom.

Benefits:

- ✓ Nutritional Support During Pregnancy.
- ✓ Potential Anti-Cancer Properties.
- ✓ Improves Heart Health and controls diabetes.
- ✓ Supports Cognitive function.
- ✓ Good source of antioxidants.

