



Symbiosis Ranch Recipes

Mom's Millet Balls

1 c. cooked millet, yields 3 cups

(millet is a grain then is cooked by putting 1 cup millet and 2.5 cups of water in casserole dish, bake at 350 for about 45 mins or until water is absorbed)

1 c. chopped dried apricots

1 T frozen orange juice concentrate

Form into balls

Roll over chopped nuts or shredded coconut