DietCloud – Recipe

Recipe Name: FOXTAIL MILLET UPMA (THINAI UPMA)
Diet Type: Vegetarian
Course: General Course
Cuisine: Indian
Quantity:



Description

Foxtail Millet Upma (Thinai Upma) is a wholesome South Indian breakfast dish featuring fluffy, steamed foxtail millet tossed with tempered spices and vibrant vegetables. Infused with mustard seeds, curry leaves, ginger, and diced carrots, it displays an inviting golden hue and a light, couscous-like texture. It is traditionally served warm on a fresh banana leaf alongside coconut chutney or a bowl of vegetable sambar.
[PROS]
- Rich in dietary fiber and complex carbohydrates, promoting steady blood sugar control
- Naturally gluten-free whole grain suitable for individuals with celiac disease or gluten intolerance
- Abundant in micronutrients, notably iron, magnesium, and essential B-vitamins
[CONS]
- Tends to dry out quickly if not consumed warm or cooked with the proper grain-to-water ratio
- Contains antinutrients like phytic acid that require soaking beforehand to optimize mineral bioavailability
[DIETITIAN REVIEW]
Score: 9/10. An outstanding alternative to conventional refined wheat rava upma, foxtail millet delivers a low glycemic index and sustained energy release. To optimize its nutritional profile further, pair it with a protein-dense side such as sambar, sprouts, or a boiled egg.

Ingredients

Ingredient	Quantity
• Foxtail millet (Thinai)	1/3 cup
• Water	1 cup
• Cold-pressed coconut or sesame oil	1 tsp
• Mustard seeds	1/4 tsp
• Split urad dal	1/4 tsp
• Cumin seeds	1/4 tsp
• Green chili • finely chopped	1/2 piece
• Fresh ginger	1/2 tsp

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- grated

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• Curry leaves	4-5 leaves

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• Onion • finely chopped	2 tbsp

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• Carrot • finely diced	2 tbsp

DietCloud – Recipe

- Turmeric powder 1/8 tsp

DietCloud – Recipe

• Salt	to taste

DietCloud – Recipe

• Fresh coriander leaves • chopped	1 tbsp

DietCloud – Recipe

Preparation

• 1.

• Rinse the foxtail millet thoroughly in cold water, soak it for 20 minutes, and drain completely.

• 2.

• Heat the oil in a pan over medium heat; add mustard seeds, split urad dal, and cumin seeds, allowing them to crackle and turn lightly golden.

• 3.

• Add the green chili, grated ginger, curry leaves, and chopped onion, sautéing until the onion becomes translucent.

• 4.

• Toss in the diced carrots and turmeric powder, stirring for 1 to 2 minutes until slightly softened.

• 5.

• Pour in 1 cup of water, season with salt to taste, and bring the liquid to a rolling boil.

• 6.

• Add the drained foxtail millet, stir well, reduce the heat to low, cover with a tight lid, and simmer for 10-12 minutes until all water is absorbed.

• 7.

• Remove from heat, let it rest covered for 5 minutes, fluff gently with a fork, and garnish with fresh coriander before serving.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	70	14	4	2