Recent decades have witnessed increased interest in the production and utilization of gluten-free food products from underutilized plant sources to overcome the health concerns associated with gluten-containing foods and to feed the growing world population.in addition, considered non-thermal processing, such as germination and fermentation, are powerful methods that could be used to improve the nutritional, sensorial, and health quality of foods.In this regard, the samh (Mesembryanthemum forsskalei Hochst) plant is considered a suitable candidate that could be exploited in food and pharmaceutical applications.Samh is a halophyte plant that grows naturally in the semi-arid zones of Northern Africa and the Middle East and in many countries around the world.Samh is extremely tolerant to harsh desert environments, such as elevated temperatures, the salinity of soil and water, and limited water resources.Before consumption and use, samh seeds undergo several processing treatments to improve their sensory attributes and nutritional quality.

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