



Amaranth Cracker Crisps

Adapted from Grain-free Living

Ingredients:

½ Cup Amaranth
Spices to taste (sea salt, rosemary, dill, etc)

Directions

Cook Amaranth (you need to use the raw whole seed for this recipe, not the puffed/popped amaranth):

1 part Amaranth to 2 parts water. Cook with a slow simmer, lid on for about 20-30 minutes until water is absorbed (check to make sure it doesn't burn, and use a heat diffuser mat if your cook top's lowest setting is too hot). The Amaranth cooks to a sticky porridge-like consistency. 1/2 cup amaranth made about two large trays or crackers, but you can use any amount you like.

Remove from heat and allow to cool.

When cool, roll small 1/2" or 1.5 cm balls and place on a tray lined with baking paper, allow enough space for them to be pressed down.

Place a second piece of baking paper on top and with your fingertips press down gently until your rolled balls of amaranth are flat. Aim to get them uniformly thin but not so thin that they fall apart.

Gently peel off the baking paper and neaten any edges with the edge of a spoon or knife if you like or leave rough. Top with sea salt or whatever spices you want on it.

Place in oven preheated to about 160 - 180°C - not too hot.

Cook for about 20 min or until you can see that they are lightly toasted. Remove from oven and remove onto a wire rack to cool. They will be crisp and firm and peel off easily from the baking paper.

The Balanced Body Center

(704) 849-9393 www.knowbalance.com