



Popped Amaranth Granola

By Chow

INGREDIENTS

- 1/2 cup amaranth seeds
- 4 tablespoons unsalted butter (1/2 stick)
- 1/4 cup maple syrup or agave nectar
- 1/4 cup honey
- 1 teaspoon vanilla extract
- 1/4 teaspoon fine salt
- 1 teaspoon cinnamon
- 1 cup whole raw cashews, coarsely chopped (or 1/2 raw cashews & 1/2 raw almonds)
- 1 cup flaked, unsweetened coconut
- 1 cup old-fashioned oats
- 1 cup dried cherries or raisins, coarsely chopped

INSTRUCTIONS

1. Heat the oven to 350°F and arrange a rack in the middle. Heat a medium frying pan over medium heat. When the pan is heated, add the amaranth and cover (a mesh splatter screen or glass lid is recommended—the seeds will begin popping like miniature popcorn kernels). Shake the pan continuously until about half of the seeds have popped, about 1 to 2 minutes. Transfer the seeds to a large bowl.
2. Combine butter, maple syrup or agave nectar, and honey in a small saucepan, place over medium heat, and stir until butter has melted. Bring to a boil and cook until slightly thickened, about 5 minutes. Remove from heat; stir in vanilla, salt, and cinnamon; and set aside.
3. Add butter/honey mixture, chopped nuts, coconut, and oats to reserved amaranth and stir until mixture is moist throughout.
4. Evenly spread mixture on a baking sheet. Bake until toasted and lightly browned, about 10 minutes. Stir and continue to bake until lightly browned all over, about 5 minutes more.
5. Remove from the oven and place on a wire rack to cool completely. Stir in cherries or raisins and serve.

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(704) 849-9393 www.knowbalance.com