



by Healthy Green kitchen

Popped Amaranth Treats

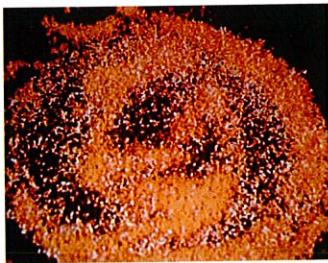
Ingredients:

- 1/4 cup amaranth seeds
- 1/2 cup pumpkin seeds (can also use toasted almonds or sunflower seeds)
- 1/2 cup dried cherries, preferably without sugar (or other dried fruit)
- 1/4 cup pomegranate molasses
- 1/4 cup agave syrup

Directions:

Place a wok or cast-iron skillet over medium/high heat. Add the raw amaranth by just one or two tablespoons at a time. Stir around with a wooden spoon (or shift skillet back and forth) as the amaranth seeds begin popping. Be aware that if the pan isn't hot enough or if you add too much amaranth at once, your seeds may not pop, and they might just burn. Remove them as soon as they've popped and add your next batch of 1-2 tablespoons of amaranth.

Popping the amaranth:



(If the pan is hot enough though, and if you continue to stir the seeds around/ shake the skillet, most of them should pop and turn white. Watch that they don't burn. When most of the seeds have popped, remove from the heat and set aside to cool). FYI: There are video clips on 'Popping Amaranth' on YouTube.

In a small pot, heat the pomegranate molasses and the agave syrup. Bring to a boil and then reduce heat to a simmer. You want the syrup to thicken and reduce somewhat, and this will happen after 5-7 minutes.

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While the syrup is thickening, toast the pumpkin seeds in a dry skillet over medium heat until they pop (this will take 1-2 minutes; stir often and watch that they don't burn). Add to the popped amaranth, and then add the dried cherries.

Pour the syrup over the seeds mixture, and working quickly so that all the syrup is incorporated before it starts to dry and harden too much, mix all the ingredients well. Using your hands, press into small balls (you could also press the mixture into a pan lined with parchment paper, and then cut into squares or rectangles). Allow to cool before eating.

The Balanced Body Center

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