



# Amaranth Walnut Patties by Food.com

**TOTAL TIME** 30 min    **SERVINGS** 8

## Ingredients

½ cup **amaranth** (washed and drained)  
1 ½ cups **water**  
1/8 tsp **salt**  
8 oz **tofu** (mashed)  
2 tbsp **Braggs Liquid Aminos**  
1 tbsp **chickpea** (rice miso)  
1 tbsp **water**  
4 **scallions** (finely minced)  
2 **garlic cloves** (crushed)  
1/3 cup **walnuts** (chopped)  
1 tsp **ground coriander**  
2/3 cup **quick oats** (needed)  
1-2 tbsp **coconut** or **safflower oil**

## Directions:

Cream the chickpea (rice miso) n the 1 tbsp of water

Bring water, amaranth, and salt to a boil. Cover, then simmer on med high for 20 minutes or until all water has evaporated. Transfer cooked amaranth into mixing bowl and allow to cool.

Combine remaining ingredients (except oil) to amaranth and blend thoroughly. Mixture should hold patties together.

Add oil to large heated skillet.

Form amaranth into 8 medium-sized patties and brown on medium heat for 8-10 minutes on each side.

*The Balanced Body Center*

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