



Chocolate Amaranth Pudding

Adapted from Alison Ashton via [Nourish Network](#)

Serves 8

Ingredients:

- 3 cups almond milk
- 1 cup amaranth
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon chili powder
- 1/8 teaspoon salt
- 2 tablespoons Sucanat/Evaporated Cane Juice, divided
- 2 large eggs
- 1/2 teaspoon vanilla extract
- 3 ounces semisweet or bittersweet chocolate, chopped
- Chopped walnuts, for garnish

Whisk together first 5 ingredients and 1 tablespoon of the sugar in a medium saucepan. Bring to a simmer over medium heat. Cook 25-30 minutes, uncovered and stirring frequently, until the amaranth is tender. Be careful not to let the milk boil over.

Whisk together the remaining 1 tablespoon Sucanat and eggs. Ladle about 1/2 cup of the hot amaranth mixture into the egg mixture, whisking constantly, to temper the eggs. Slowly whisk egg mixture into amaranth mixture in the pan. Cook for 1 minute or until thickened. Remove from heat and stir in the vanilla. Gradually add the chocolate, stirring until it melts.

Fill a large bowl with ice water. Carefully set the pan into the ice bath and let the pudding cool to room temperature, stirring occasionally to prevent a skin from forming. Refrigerate at least 1 hour (pudding will continue to thicken as it chills). Serve garnished with chopped walnuts for added crunch.

The Balanced Body Center

(704) 849-9393 www.knowbalance.com