

Cooking Amaranth

Cooking time: 20-25 minutes

Liquid per cup of grain: 2 1/2 - 3 cups

How to cook amaranth: Combine seeds with two and a half cups water in a pot and bring to a boil. Reduce heat, cover and simmer for up to 20 minutes, until grains are fluffy and water is absorbed. For a porridge-like consistency, use slightly more water (three cups for one cup of grain) and cook a little longer.

You can also "pop" amaranth like corn; simply preheat a pot or skillet over high heat (must be very hot), and add amaranth seeds one or two tablespoons at a time (adding too many seeds at once can cause them to burn). Continuously stir the seeds with a spoon as they pop (or keep shifting pot/skillet back and forth to keep seeds moving), and once mostly popped, quickly remove from pan. Repeat with more seeds if desired. Popped amaranth can be enjoyed on its own, made into a granola, or served with milk or soymilk and fruit for a healthy breakfast, etc.

Video clips of 'popping amaranth' can be found on YouTube.

The Balanced Body Center

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