



This tiny grain is from a tropical plant that grows all year long in warmer weather. Bobs Red Mill is a popular store brand!

IT'S GLUTEN FREE!

The flour looks just like white flour but finer!

BANANA-PECAN AMARANTH PORRIDGE

Ingredients:

½ cup amaranth

1 cup water

⅛ teaspoon salt

¼ cup pecan pieces

1 teaspoon walnut oil

1 tablespoon maple syrup or sugar free type

½ teaspoon cinnamon

2 bananas

Milk (soy or rice) to serve

Directions:

Soak Amaranth overnight (if possible.) Drain and rinse amaranth. Combine with one cup water and salt. Bring amaranth to a boil, and reduce to a simmer (all the way to low.) Cover and let simmer for 15 minutes. Remove from heat and let sit for 10 more minutes to thicken amaranth. Add a bit of milk/water to thin the texture out if desired.

Add pecans to a dry skillet and toast over medium-low heat, stir often. Toast until fragrant, 2-3 minutes. Remove from skillet and set aside.

Heat walnut oil, maple syrup, and cinnamon over medium-low heat. Cut bananas in ½" slices and add to skillet, cook until bananas are extremely tender and maple syrup has absorbed into the slices.

To serve, stir together ¾ of the bananas and amaranth. Pour into bowls and top with remaining bananas, pecans, and a drizzle of milk. Serves 2



Amaranth flower comes in different colors!

Amaranth ready for harvest.

AMARANTH AND VEGETABLE SOUP

Ingredients:

6 small dried shiitake mushrooms
2 tbsp coconut oil (melted)
1 small onion, finely diced
1 large celery stalk, finely diced
1 ½ tsp dried chilli flakes, or to taste
1 small knob (20 g) ginger, peeled and minced (or finely grated)
1 small knob (15 g) fresh turmeric, minced (or use ½ tsp dried turmeric)

2 cups (250 g) sweet potato, diced
½ cup amaranth grains
8 medium (150 g) mushrooms, diced
4 cups homemade vegetable stock
1 cup skim milk
1 small bunch (180 g) Tuscan kale, finely shredded
pepper and sea salt, to taste
squeeze of lemon juice, to your taste

Directions:

Soak the shiitake mushrooms in a cup of freshly boiled water and set aside for about 20 minutes. In the meantime, prep all the veggies as directed in the ingredients list. Drain the shiitake mushrooms (but reserve the water), and remove the woody stems before finely dicing. Set aside mushrooms and mushroom water until needed.

In a large, heavy-based pot, heat the coconut oil and sauté the onions celery and chilli for a couple of minutes, then add the ginger and turmeric. Continue to sweat for a few more minutes, Then stir in the sweet potatoes, amaranth and fresh mushrooms.

Add your stock, mushroom water and shiitake mushrooms. Bring to a boil, then turn down the heat to a gentle simmer for about 20 minutes. Next, pour in the skim milk. You can also add some sea salt here. After about 10 minutes, add the kale and simmer for another 5 minutes.

Adjust seasoning to your liking (use tamari here if you'd like to). Turn off heat and add freshly squeezed lemon juice and fresh coriander (if using) before serving.