

# AMARANTH PORRIDGE & BREAKFAST COOKIES

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- 1 cup amaranth
- 3 cups water

Bring water to a boil, stir in amaranth, cover and reduce heat to a simmer for about 20 minutes, until grain is tender. Stir occasionally. Let rest another 10 minutes.

## Amaranth:

- Amaranth is a seed and not a grain but cooked similar to a grain
- A staple of the ancient Aztec Empire and is still a staple of the Incas of the Andes today.
- It can be grown easily in arid, tropical, and subtropical regions, Easy to harvest and is very palatable and easy to cook.
- Complete source of protein and 30% more protein than other grains such as rice, wheat, oats, and rye. Amaranth is a good source of dietary fiber and minerals such as calcium, iron, magnesium, phosphorus, potassium, zinc,

copper, and manganese. It also includes Vitamin A, Vitamin B6, Vitamin C, riboflavin, and folate.

- Can also be puffed and toasted
- Leaves are eaten as spinach
- Studies have shown that there may be benefit for those with hypertension and cardiovascular disease. Regular consumption can also help to reduce high blood pressure and cholesterol.

#### RECIPES:

- To Cook in a pressure cooker: 1 cup amaranth, 1 ½ Cups plus 2T water, pinch of oi, pinch of salt – Seal and cook for 6 minutes on high. Let vent naturally. Add ¼ cup of cooked amaranth to breads, cereals, hummus. Soups, chicken salad, tuna salad. Pretty much anything.

- Sweetened Amaranth Porridge with nuts and fruit:

½ Cup uncooked Amaranth

1 ½ cups water

¼ cup milk of choice

2 teaspoons maple syrup, agave, coconut sugar, or brown sugar

Pinch of salt

Combine the amaranth and water in a small saucepan, and bring to a boil. Reduce the heat to low, cover and simmer for 30 minutes. Stir frequently as amaranth may stick to bottom of pan.

Stir in the milk, and sweetener of choice, and pinch of salt. Stir vigorously until porridge is creamy. Remove and serve with nuts of choice, fresh or dried fruit. Enjoy!!

- Creamy Amaranth Smoother

½ cup raw amaranth

1 ½ cups water

1 cup fresh cranberries

7 whole pitted dates

2 ½ cups milk of choice

Slivered almonds (optional)

In a saucepan combine water and amaranth. Cook on medium until all water is absorbed and amaranth is chewy in texture. Once it is cooked, let cool before continuing.

In blender, combine, cranberries, cooked amaranth, dates, and milk. Blend until smooth

Pour into glass and garnish with slivered almonds if desired.

- Peanut Butter Banana Amaranth Cookies – 10 cookies

1 Cup amaranth flour

1 tsp baking powder

¼ tsp salt

3 large ripe bananas mashed

¼ cup fresh ground peanut butter

3 T. pure maple syrup

1 tsp vanilla extract

Preheat oven to 350 degrees and greased parchment paper on a cookie sheet

In a large mixing bowl, combine amaranth flour, baking powder, and salt. Then, whisk it well until no lumps are left. Set aside.

In another bowl, combine mashed banana, peanut butter, maple syrup, and vanilla and whisk until well blended.

Fold wet ingredients into dry ingredients and mix well with spatula.

With a cookie scoop, place rounded cookies on prepared cookie sheet.

Place in the middle of the oven and cook for 30 minutes. Cookies completely baked with light brown in color and top of cookie is dry.

Remove from oven and cool and enjoy!!