

Apple-Walnut Amaranth

Makes four 2/3 cup servings

Prep time: 5 minutes

Cook time: 30 mins

1 cup amaranth

3 cups plain organic soy milk

¼ tsp ground cinnamon

Pinch sea salt (optional)

1 large apple, skin on, cored and diced

½ c chopped walnuts

Place the amaranth, soy milk, cinnamon, salt, and apple in a medium saucepan. Bring to a boil, stirring frequently. Cover pan and reduce heat to low. Simmer for 25 to 30 mins until amaranth is soft. Top with chopped nuts and served.

Note: soaking the amaranth for a few hours or overnight will reduce the cooking time. To save time in the morning, you can combine all the ingredients except the walnuts in a saucepan the night before, store it in your refrigerator, and cook in the morning. Store left over grain in a tightly covered glass bowl and freeze for a busy morning. Thaw the night before and reheat on the stove top.