

Amaranth

Hundreds of years ago Amaranth grain was a commonly used grain of the Aztecs of Mexico and later in the 1970's became a crop of the United States. Today, amaranth grain is gaining popularity with health-conscious people because of its nutritional value and versatility. Amaranth is high in protein and in an amino acid called lysine, as well as other vitamins and minerals such as Vitamin B5, iron and fiber. Because amaranth grain is free of gluten, it is also becoming a popular grain for those people who are sensitive or allergic to gluten.

Amaranth has a mild, slightly sweet and nutty flavor and can be cooked as a breakfast cereal, added to soups and stews to thicken their texture and its most common use is in flour form. Amaranth flour can be used in recipes for baked goods by substituting half of the flour with amaranth flour. When making bread it is important to remember that amaranth flour must be mixed with glutinous flours to allow for the bread to rise properly.

To cook amaranth grain as a cereal, simply add 1 part amaranth grain to 3 parts liquid. Let the mixture simmer for 18-20 minutes or until all the liquid is absorbed. Be careful not to overcook amaranth grain. Milk and sweetener can be added, or try adding yogurt instead of milk for a creamier texture. It can also be garnished with fruit and or nuts. Serve warm and enjoy a healthy and nutritious breakfast cereal.

Come visit us at Grandma's Pantry in Harrisonburg, VA or shop online at www.GrandmasPantryVa.com.

***"So, whatever you eat or drink, or whatever you do,
do all to the glory of God." (1 Cor. 10:31)***