



Recipes

Grains

Creamy Millet and Amaranth

Prep Time: 5 minutes

Cooking Time: 35 minutes

Yield: 4-6 servings

Ingredients:

1 cup millet
1/2 cup amaranth
3½ cups water
1 teaspoon sea salt

Directions:

1. Wash the millet well.
2. Put all ingredients in a pot and bring to a boil.
3. Turn heat down and simmer until the grain is soft and ready, stirring frequently.

Variation:

Add a teaspoon of cinnamon and 1/4 cup raisins during cooking for a sweet treat.

Note:

Add a spoon of flaxseed oil on top for a buttery flavor.
Top with cooked vegetables or greens and any dressing.