

# amaranth breakfast bowl

## Makes 1 serving

PREP TIME: 5 minutes

COOK TIME: 20-30 minutes

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½ cup cooked amaranth

½ cup raspberries

1 Tbsp tahini

1 Tbsp pumpkin seeds

Sprinkle of your favorite spices (I like 4 parts cinnamon to 2 parts allspice and 1 part cardamom)

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## NOTES:

- You can prepare amaranth in advance and store in the fridge until ready to eat to save time in the morning.
- If you are having this by itself, feel free to mix in a scoop of protein powder or [collagen peptides](#) to make sure you start your morning with plenty of protein. This mixes well when amaranth is a porridge-like consistency or when you use frozen berries that have been thawed and release their juices.

## PREPARE AMARANTH

### STOVETOP METHOD:

COMBINE 1 cup amaranth with 2½-3 cups water in a pot and bring to a boil.

REDUCE heat, cover and simmer for 20-25 minutes, depending on whether you are aiming for fluffy or porridge-like amaranth.

FOR a porridge-like consistency, use slightly more water (3 cups for 1 cup of grain) and cook a little longer.

### PRESSURE COOKING METHOD:

COMBINE 1 cup amaranth with 2½ cups water.

SET to Manual High Pressure for 5 minutes.

ALLOW to release naturally for 10 minutes, then release the remaining pressure.

## ASSEMBLE BREAKFAST BOWL

ADD amaranth and raspberries to a bowl.

TOP with pumpkin seeds and spices.

