



PUMPKIN PIE AMARANTH PORRIDGE

SERVES: 4 (approx. ¾ cup each) **Prep Time: 10 min. Cooking Time: 25 min.**

CONTAINER EQUIVALENTS (per serving): ½ 2 ½

Here's a great meal-prep recipe for fall, when everything is turning pumpkins and spice. The earthy taste of amaranth matches perfectly with the warm spices of pumpkin pie. What a treat to start the morning off right!

2½ cups	unsweetened almond milk
3 Tbsp.	pure maple syrup
¼ tsp.	sea salt (or Himalayan salt)
¼ tsp.	ground cinnamon
¼ tsp.	ground ginger
1 dash	ground nutmeg
1 dash	ground cloves
1 cup	dry amaranth
1 cup	100% pure pumpkin puree
½ tsp.	pure vanilla extract
2 tsp.	raw pumpkin seeds (for garnish; optional)

1. Bring almond milk, maple syrup, salt, cinnamon, ginger, nutmeg, and cloves to a boil in large saucepan over medium-high heat.
2. Add amaranth; gently boil, covered, for 15 minutes.
3. Add pumpkin. Whisk to blend; cook, covered, for 4 to 5 minutes, or until amaranth is tender and you have a nice porridge consistency. (If porridge becomes too thick, add a little water to achieve desired consistency.)
4. Remove from heat. Add extract; mix well.
5. Evenly divide between four serving bowls. Top each with ½ tsp. pumpkin seeds (if desired).

RECIPE NOTE:

Refrigerate leftover porridge in an airtight container for up to 4 to 5 days. You may need to thin it out with 1 to 2 Tbsp. unsweetened almond milk when serving.

NUTRITIONAL INFORMATION (per serving): **Calories: 276 Total Fat: 6 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 262 mg Carbohydrates: 48 g Fiber: 7 g Sugars: 13 g Protein: 9 g**

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

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