



## PUFFED COCOA AMARANTH

**SERVES: 1** Prep Time: 10 min. Cooking Time: 2 min.

CONTAINER EQUIVALENTS (per serving): 1 1 ½

**2 Tbsp.** dry amaranth  
**½ cup** unsweetened almond milk  
**1 tsp.** pure maple syrup  
**½ tsp.** unsweetened cocoa powder  
**¼ tsp.** ground cinnamon  
**1 cup** fresh blueberries

1. Heat the deepest soup pot you have over high heat until a grain of amaranth dropped in the pan pops within 2 to 3 seconds.
2. Wearing oven mitts, drop 1 Tbsp. amaranth into pot; cook, stirring continuously with a wooden spoon, for approx. 10 seconds, or until most of amaranth is popped (not all will pop). Immediately place popped amaranth in a small bowl.
3. Repeat with remaining amaranth.
4. Combine almond milk, maple syrup, cocoa powder, and cinnamon in a small bowl; whisk to blend.
5. Pour almond milk mixture over popped amaranth; top with blueberries. Enjoy!

### RECIPE NOTES:

- You'll know you've reached maximum "poppage" when the unpopped amaranth in the pan begins to turn dark brown. Remove immediately at this point or it will burn.
- This will make for a porridge-like cereal consistency, which we enjoy. If you would like yours thinner, add a little more almond milk.
- You can pop your amaranth ahead of time and store it in an airtight container at room temperature. It will keep just like ordinary breakfast cereal.
- You can substitute any fruit that you choose for blueberries. Just make sure amount equals 1 .

**NUTRITIONAL INFORMATION (per serving):** Calories: 215 Total Fat: 4 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 93 mg Carbohydrates: 43 g Fiber: 6 g Sugars: 19 g Protein: 5 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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