FIXATE®
A FIX-APPROVED COOKING SHOW

PUFFED COCOA AMARANTH

GF V VG

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