

Amaranth Breakfast Porridge

About this Recipe

Meal: Breakfast, Side

Serves: 1 serving

Prep time: 10 minutes

Cook time: 25 minutes

Category

Dietary Preference

- ✓ Dairy-Free
 - ✓ Gluten-Free
 - ✓ Low FODMAP
 - ✓ Omnivore (Everything)
 - ✓ Pescatarian
 - ✓ Vegan
 - ✓ Vegetarian
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Nutrition Information

Serving Size: 1 full recipe

Calories: 447

Protein: 15 grams (¼ hand)

Fat: 8 grams (1 thumb)

Low Carb: 0 grams

Moderate-High Carb: 87 grams (4 cupped hands)



Registered Dietitian's Notes

This porridge is a great breakfast alternative to oatmeal. Amaranth is a seed that is typically used like a grain. Like quinoa, it is called a “pseudograin.” Amaranth is gluten-free, which makes it a good breakfast option for celiacs. It is also high in protein, fiber, and antioxidants, and is an excellent source of vitamins A and C. Berries are also loaded with antioxidants.

Ingredients

½ cup (100 grams) amaranth

1 ½ cups (375ml) water

Pinch of salt

1 tablespoon maple syrup

½ cup mixed berries (blueberries, raspberries, strawberries)

2 tablespoons pomegranate seeds (optional)

1 tablespoon chopped pistachios

Fresh mint, optional



Directions

1. Place the amaranth and water into a small pot and bring to a boil. Reduce the heat, cover, and simmer for 25 minutes or until all of the liquid is absorbed. The amaranth porridge will be slightly mushy and gelatinous.
2. While the amaranth is cooking, slice the berries and mix them together in a bowl with the pomegranate seeds. Use a fork to lightly mash them together.
3. Roughly chop the pistachios.
4. Once the amaranth is cooked, stir in the salt and maple syrup and then immediately dish into a serving bowl.
5. Top the porridge with the berry mixture, chopped pistachios, and a little mint if you have some on hand.

Serving Suggestion

To add a little creaminess to the porridge, stir in a teaspoon of coconut cream at the end or swap out half of the water for nondairy milk.