

## **Creamy Crunchy Hot Amaranth**

It is all about the texture. It is creamy as you expect hot cereal to be, with a pleasant lingering little crunch.

1 cup amaranth seeds

4 cups water

Put seeds and water in a saucepan and simmer for 25 to 30 minutes. Stir occasionally. For even more iron, use a cast iron pan.

This recipe serves 4, and doubles well. Make enough for the week and you will easily have a quick satisfying breakfast. It thickens as it stands, so you may want to add more water before reheating. Top it with fruit, nuts and ground flax seeds for even more fiber, texture and flavor.

Read more: <http://blog.kitchentherapy.us/2009/04/a-is-for-amaranth/>

**Kitchen Therapy**  
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