

Amaranth Porridge

Stabilizing sugar levels is important for supporting your adrenals and thyroid. A great starting point is to make your breakfast full of protein, fat and fiber, and not many carbohydrates. This amaranth porridge fits the bill.

Amaranth is high in minerals, such as calcium, iron, phosphorous, and carotenoids. It has truly remarkable protein content: 1 cup = 28.1 grams of protein compared to the 26.3 grams in oats and 13.1 grams in rice. Amaranth is a great source of lysine, an important amino acid with protein content comparable to that of milk, and more easily digested.

2 servings

½ cup of amaranth

1 cup water

1/2 tsp Celtic sea salt

1/2 cup coconut, almond or hemp milk (more to taste)

1 Tb maple syrup

Celtic sea salt

- Combine the amaranth and water in a small saucepan, and bring to a boil.
- Reduce the heat to low, cover and simmer 20 minutes. Stir every once in a while, as the amaranth may stick to the bottom of the pan.
- Most of the water should be absorbed. Take care at the end of the cooking time, because it may get too dry and burn. You should still see the individual grains of amaranth, although they will stick together a little. Overcooking will turn the amaranth to mush.
- Stir in the milk, syrup, and a pinch of salt. Stir vigorously until the porridge is creamy. Remove from the heat and serve.