

Popped Amaranth Cereal

INGREDIENTS:

- ¼ cup organic amaranth seeds
- ½ cup warm almond or other milk substitute
- ½ teaspoon cinnamon
- ½ teaspoon ground ginger
- 1 tablespoon raw honey
- ¼ cup chopped dates
- 2 tablespoons chopped pecans

PREPARATION:

Bring a skillet to heat over high heat. When the skillet is so hot that beads of water can dance across it, toss in the amaranth seeds. As soon as the seeds begin popping -- like miniature popcorn kernels -- stir them continuously with a wooden spoon for about 5 minutes. When most of the seeds have turned darker brown and plump, just before they burn, take the skillet off the heat and put the popped amaranth into a bowl.

Pour the warm milk over the popped amaranth. Add the cinnamon, ginger, and honey, and stir. Top with the chopped dates and pecans.

<http://www.myrecipes.com/recipe/popped-amaranth-cereal-10000001724955/>

NOTES FROM THE COOK: