Amaranth is a tall, bushy plant with edible leaves and brightly colored flowers. It is not a “true” cereal grain, but has a similar nutritional profile to other grains, with several additional benefits.

Why amaranth?
- Amaranth is a good source of protein, and high in the amino acid lysine, which is many times low in grains.
- ½ cup of cooked amaranth provides about 125 calories, 5 grams of protein, and 3 grams of fiber.
- It is a good source of calcium, magnesium, iron, phosphorus, and potassium.
- It has potential to help decrease cholesterol.

Helpful Cooking Tips
Amaranth can be cooked in water like rice, but it releases a lot of starch. The result is a thick, porridge-like texture. It can be cooked with a lot of excess water, or mixed with other grains (rice, quinoa, millet, etc.) if a more “rice-like” consistency is preferred.

Try adding it to breads, muffins, or as a whole-grain thickener for soups. It can also be heated in a skillet and popped like popcorn!