



Amaranth & Dates



2 servings

INGREDIENTS

1/4 cup amaranth

3/4 cup water

4 cardamom pods

1 whole star anise

1/4 tsp cinnamon

2 dates, chopped

a few dried cherries or
cranberries

1 tbsp hemp seeds

Dash of almond milk

NOTES

Amaranth

- helps to lose weight (best)
- Promotes good bowel movement
- gluten-free
- high in fiber and protein

Dates

- slows aging
- high in iron
- Vitamin B6



1. 🍲 In a saucepan, add water, amaranth, chopped dates, and dried fruits.
2. 🌿 Add cardamom pods and star anise to the saucepan.
3. 🔥 Bring the mixture to a boil, then reduce the heat and simmer for 25 minutes until the amaranth is **translucent** and creamy. Add more water if needed and cook longer.
4. 🔥 Once cooked, remove the cardamom pods and star anise.
5. 🥛 Stir in a **dash** of almond milk for added creaminess.
6. 🌿 Serve the porridge sprinkled with hemp seeds for extra nutrition and texture.

Enjoy your delicious and nutritious Amaranth Porridge with Dates!