



Sari's Natural Medicine
REBALANCE. REBUILD. REVITALISE. REJUVENATE.

SARI YOUNG
BNSc (hons)
AdDip Naturopath
AdDip Western Herbal Medicine
AdDip Nutritional Science
Naturopath & Registered Nurse
www.sarisnaturalmedicine.com.au

AMARANTH PORRIDGE

Amaranth is naturally gluten free and is rich in protein, fibre, minerals (manganese, magnesium, phosphorus, iron, selenium and copper), and antioxidants.

It is highly nutritious and is great for your digestion, building strength in your bones, and is anti-inflammatory. This grain has been eaten for thousands of years in the Inca, Aztec, Maya civilisations. Enjoying high quality grains is important for your health and whilst following a [Nutritional Balancing program](#), and this grain tops the list (closely followed by quinoa).

(Copied from Nine Servings of Vegetables by Josephine Zanetti with permission)

Ingredients:

- 4 cups spring water
- 1 cup organic amaranth
- 1/8 tsp sea salt

Optional toppings:

- Cinnamon
- Cow's or goat's cream
- Crème-fraiche

Method:

1. Place the boiled spring water into a medium saucepan over high heat.
2. Add amaranth and sea salt, and once it begins to boil, reduce heat to a simmer.
3. Stir occasionally for 25 minutes or more until the porridge is creamy.
4. If it gets too thick, stir in some additional water.
5. Serve with cinnamon sprinkled on top ([for Slow Oxidisers](#)), or a dollop of cream ([for Fast Oxidiser](#))

Enjoy this for any meals- breakfast, lunch or dinner as a starter.

Telephone: 0403 320 845
Email: info@sarisnaturalmedicine.com.au
ATMS: 27548 | ABN: 44754388954