

Amaranth Breakfast Porridge

It's easy to fall into the habit of eating the same thing for [breakfast](#) every day, but why not kick off your weekend with something new? This delicious and nutritious twist on breakfast porridge is the perfect way to start your day! [Amaranth](#) is a super grain that's packed with high biological value protein, vitamins, minerals and fiber, and, to top it all off, its unique nutty flavor is also delightful!

Ingredients:

- ½ cup amaranth
- 1¼ cup water
- ¼ to ½ cup soy milk
- toppings, as desired (see suggestions, below)

Directions:

1. Place amaranth and water in a pot and bring to a boil.
2. Leaving the lid partially on, reduce the heat to a simmer and cook for 25 to 30 minutes, stirring occasionally.
3. Once all of the water has been incorporated, gradually add in the [soy milk](#), until the desired consistency is reached. Your finished porridge will be slightly gelatinous.
4. To serve, pour into a bowl, top with your favorite porridge toppings, and enjoy!

Topping ideas!

- Sweet! Chopped [pears](#), pecans, cinnamon and honey.
- Greek yogurt, fresh fruit, and chopped [nuts](#).
- For a fall twist, top with a few tablespoon of [pumpkin](#) puree (look for unsweetened), honey or maple syrup, cinnamon and walnuts.
- Make it savory! Add a [fried egg](#), fresh chives and black pepper.

Check out this tasty [amaranth cornbread!](#)