



Simple | Healthy | Delicious

Amaranth Pudding

INGREDIENTS

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| 1/2 cup uncooked Nature's Earthly Choice amaranth |
| 1 can light coconut milk |
| 4 tablespoons sugar (or to taste) |
| Cinnamon to sprinkle on top |
| Fresh fruit (blueberries, banana slices...etc) to top, optional |



DIRECTIONS:

1. Cook amaranth in coconut milk and sugar on medium-low heat, mixing every so often for about 20 minutes
2. Set aside to cool.
3. Pour pudding into serving dishes and place in the refrigerator until ready to serve.
4. Sprinkle with cinnamon and top with fruit.