



Simple | Healthy | Delicious

## Banana-Pecan Amaranth Porridge

### INGREDIENTS

½ cup Nature's Earthly Choice Amaranth

1 cup water

⅛ teaspoon salt

¼ cup pecan pieces

1 tablespoon walnut oil

1-2 tablespoons maple syrup

½ teaspoon cinnamon

2 bananas

Milk (whole, almond, or coconut), to serve



### DIRECTIONS:

1. Combine Amaranth with one cup water and salt. Bring Amaranth to a boil, and reduce to a simmer (all the way to low.) Cover and let simmer for 15 minutes. Remove from heat and let sit for 10 more minutes to thicken amaranth. Add a bit of milk/water to thin the texture out if desired.
2. Add pecans to a dry skillet and toast over medium-low heat, stir often. Toast until fragrant, 2-3 minutes. Remove from skillet and set aside.
3. Heat walnut oil, maple syrup, and cinnamon over medium-low heat. Cut bananas in ½" slices and add to skillet, cook until bananas are extremely tender and maple syrup has absorbed into the slices.
4. To serve, stir together ¾ of the bananas and amaranth. Pour into bowls and top with remaining bananas, pecans, and a drizzle of milk.