



Simple | Healthy | Delicious

Here, tiny puffs of amaranth and crunchy, nutty toasted wheat berries are suspended in lightly sweetened, tangy whipped cream and yogurt, along with whatever fresh fruit you have on hand. Serve it as a special breakfast treat, or add a little more sugar and call it dessert.

Popped Amaranth and Toasted Wheat Berry Fool



INGREDIENTS

1/4 cup (45 g) raw wheat berries
1/4 cup (50 g) raw Nature's Earthly Choice Amaranth
1 cup (240 ml) heavy cream
Sugar or vanilla sugar to taste (about 1 1/2 teaspoons)
1 cup (240 ml) plain yogurt
1 1/2 cups (340 g) fresh berries, pitted cherries, or diced cantaloupe or honeydew melon

DIRECTIONS:

1. Heat a small, heavy stainless-steel sauté pan over high heat. Add the wheat berries and cook, shaking the pan frequently, until they crackle and swell up and are just starting to color, about 2 minutes. Remove to a bowl with the wheat berries and repeat with the remaining amaranth. Toss to combine the grains, then divide them among serving bowls.
2. Whip the cream with about 3/4 teaspoon sugar until soft peaks form. In a separate bowl, whisk the yogurt together with about 3/4 teaspoon sugar until smooth. Gently fold the cream into the yogurt, then dollop the mixture onto the grains and cover the top with fruit. Serve, or gently fold the grains, cream, and fruit together before serving.