

AMARANTH FRITTERS

Ingredients:

1 cup Amaranth
2 cups liquid (water or stock or combination of both)
1/2 cup whole wheat flour (can sub with almond flour)
2-4 Tbsp Flax Seeds
2-3 stalks of green onion, thinly sliced
1 tsp ground cumin
1/2 tsp baking soda
1/2 tsp red pepper flakes (can omit if you do not want some heat / spice)
2 Tbsp soy sauce
2 Tbsp sesame oil
Salt and Pepper to taste
Avocado Oil for cooking (can substitute with olive oil)
Optional toppings: ideas at the bottom of the instructions.

Instructions:

Combine amaranth and liquid in a pot and bring to a boil. **Meal Prep Tip: do this step ahead of time!*
Reduce heat, cover, and simmer for about 20 minutes, checking and stirring occasionally.
Once liquid is fully absorbed, set aside and cool completely.
In a large bowl, combine 2 cups of cooked amaranth, flour, and 2 Tbsp of flax seeds.
Stir in onion, spices, baking soda, and soy sauce. Add sesame oil and mix until well blended.
Add salt and pepper to taste.
If batter seems loose, add more flax seeds 1 Tbsp at a time until desired consistency.