

### Amaranth Snappers

A family favorite party mix.

3 c. Nu-World Foods Amaranth Cereal Snaps  
¼ tsp celery salt  
2 tbs. cold pressed vegetable oil or organic butter  
¼ tsp turmeric  
¼ tsp. garlic powder  
¼ tsp freshly ground black pepper  
1 tsp onion powder  
1/8 tsp red pepper  
1 tsp paprika  
¼ tsp dry mustard

Mix seasonings. Coat Nu-World Foods Amaranth Cereal Snaps with melted butter or oil; then with seasonings. Put in a shallow baking pan and bake at 225° 45 minutes, stirring every 15 minutes. Cool on paper towels.

To microwave: Microwave on high for 3 minutes, turning once. Cool on paper towels.

Source: Nu-World Amaranth Inc, -- Bringing you a "Nu-World" of gluten free alternatives.

### Savory Crackers

¾ c. amaranth flour  
½ tsp. finely crushed dried oregano (or Italian spice)  
¼ c. arrowroot powder  
½ tsp baking soda  
1 tbl sesame seeds  
¼ tsp salt  
1 tsp onion flakes  
¼ tsp onion powder  
½ tsp caraway seeds  
1/8 tsp garlic powder  
½ tsp finely crushed dried basil  
1 tbl plus 1 tsp vegetable oil

Preheat oven to 375°. Mix dry ingredients in a medium bowl. Add 1 tbl oil, stir and/or mix with fingers until oil is thoroughly incorporated into the flour mixture. Gradually add approximately 5 tbs waters. Add water and mix until the mixture forms a ball. If necessary, add a bit more water or flour until the dough sticks together.

Place the dough on a floured board, and roll very thinly. Brush the top of the dough with 1 tsp oil and sprinkle with additional salt. Cut into rectangles or other shapes as desired and transfer the crackers to a baking sheet.

Bake 9 to 10 minutes or until lightly browned. Remove crackers and cool on wire racks. Store in an airtight container. Total prep time approximately 25 minutes, makes approximately 40 crackers.

Source: Recipe inspired by Food for Allergies --- by Marilyn Gioannini

## Gluten- Free Wheat Free

# Amaranth Recipes



Recipes brought to you by

**Nu-World Amaranth, Inc,**  
Naperville, Illinois  
and  
friends



For additional recipes visit:  
[www.nuworldfoods.com](http://www.nuworldfoods.com)

Please email questions to  
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### Alegria –a traditional Mexican confection

Kids love them as a snack or a dessert treat!!!!

2 tbl water  
2 tsp organic sugar  
2 tbl honey  
2 ¼ c. Nu-World Foods Puffed Amaranth  
1 tbl organic butter  
¼ c raisins, snipped or currants (optional)  
1 tbl molasses

Variation: use 3 Tbl honey and omit the molasses.

In a saucepan combine water, honey, butter, molasses and sugar. Cook over medium heat just to a rolling boil, stirring constantly until mixture turns golden brown. Add puffed amaranth and stir until amaranth is coated with syrup. Press firmly into a greased 8” square pan. Cut into bars or squares and cool before serving. Yield 12 bars.

Source: Nu-World Amaranth Inc, -- Bringing you a “Nu-World” of Gluten Free Alternatives. For additional recipes visit our website: [www.nuworldfoods.com](http://www.nuworldfoods.com)

### Carrot Cookies

1 c. amaranth flour  
3 tbs vegetable oil  
¼ c. arrowroot powder  
4 tbs honey or other sweetener  
1 tsp cinnamon  
3 tbs soy milk or other milk substitute  
dash salt  
¾ c. grated carrots  
1/3 c. raisins (optional)  
¼ c. chopped pecans (optional)

Preheat oven to 350°. Mix flour, baking powder, cinnamon and salt in a medium mixing bowl. Add raisins and nuts, and stir well, making sure the raisins do not clump together.

Combine oil, honey, and soy milk in a small plastic or glass bowl. Heat 30 seconds in microwave, or until honey is soft. Add oil mixture to flour mixture. Add carrots and mix well.

Drop by teaspoons onto cookie sheet and bake about 8 minutes, or until done . They are soft and chewy after 8 minutes. Prep time 40 minutes, makes approximately 20 cookies.

Source: Recipe inspired by Recipes for Food Allergies – by Marilyn Gioannini

### Amaranth Grain-Free Granola

1 ½ c. amaranth flour  
1 c. chopped nutmeats (optional)  
½ c. potato starch  
½ c. peanuts (optional)  
½ c. sunflower or sesame seeds  
½ c. unsweetened coconut (optional)  
1 ½ tsp cinnamon  
¾ c. mashed bananas or pureed fruit  
¼ c. maple syrup or honey  
1 tbl lemon juice  
¼ c. vegetable oil  
1 ½ tsp. pure vanilla extract  
2/3 c. raisins

Preheat oven to 300° F. Combine the flour, walnuts or other nuts, potato starch, peanuts, sunflower seeds or sesame seeds, coconut and cinnamon in a large bowl. Mix the bananas or fruit puree, maple syrup or honey, lemon juice, oil and vanilla in a small bowl. If honey is very thick, heat mixture briefly to liquefy. Pour the liquid mixture over the dry mixture. Stir well to coat dry ingredients. If mixture seems too dry, add a few tablespoons of water. Spread the granola on a lightly oiled jelly-roll pan. Bake for 45 to 60 minutes, stirring every 15 minutes. Remove the granola from the oven and let it cool. Add raisins.

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### Amaranth – Spice Waffles

At our house we enjoy these grain-free waffles for leisurely weekend brunches. Serve with fresh fruit.

½ c. Brazil nuts or cashews (optional)  
¾ c. boiling water  
¼ c. maple syrup or honey  
2 eggs  
1 c. amaranth flour (or toasted amaranth bran flour)  
1/3 c. arrowroot  
2 tsp corn-free baking powder  
1 tsp. ground cinnamon  
1 tsp powdered ginger  
1/8 tsp. grated nutmeg (optional)

Grind the Brazil nuts or cashews to a fine powder in a blender. Add enough water to bring the level up to 1 c. Blend 30 seconds. Add the maple syrup or honey; blend again and set aside to cool to lukewarm. Then add the eggs.

In a large bowl, mix the flour, arrowroot, corn-free baking powder, cinnamon, ginger and nutmeg. Pour in the liquid mixture, and stir to mix. Bake according to the directions included with your waffle iron, using about 1 c. batter per waffle. Makes 3 to 4 waffles

Variations: Use 3 eggs for waffles that are just a little lighter in texture. Maple syrup gives a crisper texture than honey does. For extra-light and crispy waffles, separate the eggs. Add the yolks to the liquid in the blender. Beat the whites until stiff. Fold them into the batter just before baking.

Source The Allergy Self- Help Cookbook – by Marjorie Hurt Jones, R.N.

### Amaranth Pancakes

Delicious and grain free, these pancakes are sturdy enough to toast (in a oven or toaster oven) and make into sandwiches for lunch. For a real treat, try them with peanut butter or peanut – butter spread.

1 c. amaranth flour (or toasted amaranth bran flour)  
½ c. ground nuts (or seeds)  
½ c. arrowroot  
1 tsp baking soda  
1 tsp ground cinnamon  
1/1/4 c. water  
2 tbls. lemon juice  
2 tbls oil  
1-2 tbls maple syrup or honey

In a medium mixing bowl, combine the flour, arrowroot, nuts, baking soda and cinnamon.

In a small bowl, mix the water, lemon juice, oil and maple syrup or honey. Stir liquid into flour mixture to combine well. The batter will be thin.

Drop spoonfuls of the mixture onto a preheated, ungreased non-stick griddle or frying pan. (The pancakes will be very thin). When pancakes are bubbly on top and browned on bottom, turn and cook other side. As the batter stands it may thicken; thin with a little water.

Note: if you want to use these pancakes as flatbreads, cool them on wire racks, then stack, wrap and refrigerate until needed. Warm in a toaster oven or on wire racks place on cookie sheets in a moderate oven for a few minutes. Use to make mini-sandwiches.

Source: The Allergy Self-Help Cookbook by Marjorie Hurt Jones, R.N.

### Nu-World Foods Amaranth Pancakes

Great way to start a morning!!! Wonderful with maple syrup, fresh fruit or just a little bit of powdered sugar on top.

½ c. Nu-World Foods Amaranth Flour (or toasted amaranth bran flour)  
½ c. buckwheat flour  
½ tsp baking powder (or 2 tsp cream of tarter)  
¼ tsp cinnamon (optional)  
1 c. water or milk (or milk substitute)  
1 egg, beaten  
1 tbl vegetable oil or organic butter (melted)

Blend egg and oil; add milk, mix well. Measure dry ingredients into bowl; whisk in liquid ingredients. Cook pancakes on greased or non-stick griddle until bubbly across the surface and lightly browned; turn and cook until done. Yield 8 3” pancakes.

Source: Nu-World Amaranth Inc, -- Bringing you a “Nu-World” of Gluten Free Alternatives. For additional recipes visit our website: [www.nuworldfoods.com](http://www.nuworldfoods.com)

### Banana Bread

1 ¼ c. amaranth flour  
½ c. chopped pecans (optional)  
¼ c. arrowroot powder  
¼ c. oil  
2 tbls soy flour (see note below)  
¼ c. maple syrup, honey or other sweetener  
2 tsp. baking powder  
1 egg (optional see below)  
dash salt  
2 medium ripe bananas, mashed (about 1 c.)

Preheat oven to 350°. Grease a 9X5 inch bread pan with vegetable oil and dust well with amaranth flour. Mix amaranth flour, arrowroot, soy flour, baking powder, salt, and pecans in a medium mixing bowl. Mix oil, maple syrup, egg, and bananas in a small bowl.

Add liquid ingredients to dry ingredients and mix well. Spread batter in the pan and bake about 50 minutes or until a toothpick inserted in middle comes out clean. Let cool 10 minutes before removing from the pan. Total prep time: 70 minutes. One 9X5 inch loaf.

Variation: If soy is not allowed, substitute 2 tbls arrowroot powder.

Variation: To substitute for the egg, add 1 tbls psyllium seed husk powder to the dry ingredients, and 3 tbls water to the liquid ingredients.

Source: Recipe inspired by Food for Allergies – by Marilyn Gioannini

### Amaranth Brown Sugar Cookies

Ingredients:

½ c. organic butter, softened  
1 c. Nu-World Foods Toasted Amaranth Bran Flour  
1 c. solid organic shortening  
1 c. sorghum flour  
½ c. organic sugar  
½ tsp baking soda  
1 tsp pure vanilla extract  
¼ tsp salt  
1 large egg  
1 tsp water  
½ c. packed brown sugar

Cream butter, shortening, sugar, vanilla and beaten egg. Stir in dry ingredients. Add water and gently blend. Chill 3 hours. Roll dough into small balls. Place on ungreased cookie sheets, 2” apart. Press down each ball with bottom of glass. Bake at 325° for ten minutes.

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### Amaranth Pie Crust

A versatile, grain-free crust.

¾ c. amaranth flour (or toasted amaranth bran flour)  
¼ c. ground nuts, seeds or peanuts (optional)  
½ c. arrowroot  
½ tsp. ground cinnamon (optional)  
3 tbs oil  
3-4 tbs water

In a large bowl, mix the amaranth flour, arrowroot, nuts, seeds or peanuts and cinnamon.

In a cup mix the oil and water. Blend into the flour with a fork. Stir until a ball can be formed. If dough is dry and crumbly, add more water, 1 tsp at a time, until dough sticks together.

Oil 9" pie plate, Either pat the dough directly into the plate or roll it between 2 pieces of wax paper. Handle carefully, dough is fragile. You can mend any tears by patching with bits of extra dough. Prick crust all over with a fork.

For an unfilled crust, bake empty shell at 400° for 12 to 15 minutes, until lightly brown. Cool before filling.

For a filled crust, bake empty shell at 400° for 3 minutes. Then add desired filling and finish baking as your recipe directs.

Makes one pie crust

Source: The Allergy Self-Help Cookbook – by Marjorie Hurt Jones, R.N.

### Spiced Vegetables

A great snack.

1 ½ c. Nu-World Foods Amaranth Bread Crumbs  
1/8 tsp onion powder  
¼ c. Nu-World Foods Toasted Amaranth Bran Flour  
¼ tsp garlic powder  
1/8 tsp black pepper  
1/8 tsp red pepper (optional)  
1 c. vegetable oil or organic butter  
1 small organic zucchini  
½ lb organic mushrooms

Variation: Add your own favorite vegetables for example, tomatoes, green or red peppers, sweet onions etc.

Heat oil in skillet until a drop of water placed on the surface sizzles. Combine dry ingredients. Prepare zucchini and slice into 1/2 " rounds. Remove stems from mushrooms. Moisten vegetables with water and coat with bread crumb mixture. Drop into oil, cook until lightly golden. Turn, remove, repeat with remaining vegetables. Drain on paper towels and serve.

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### Amaranth Tortillas

1 ¼ c. amaranth flour (or toasted amaranth bran flour)  
1 tbs. Savory Seed Seasoning (see recipe below)  
½ c. water

In a small bowl, mix the flour and savory seed seasoning. Stir in the water, then evaluate the consistency. The dough should be soft but not wet, and mold easily into shapes. The dough will easily form a ball as you stir it. If necessary, add a bit more flour or water to achieve the proper consistency.

Pinch off balls of dough the size of golf balls. Roll them in additional flour to coat well. Knead each ball a bit as you pat or roll it into a flat circle that's about 1/8" thick and 5" or 6" across. Repeat with all dough.

Heat a heavy frying pan or griddle. Use no oil. Place each tortilla in the hot pan, and cook for a few minutes on each side. Tortillas should become lightly brown and start to appear dry. Cool on wire racks.

Store in the refrigerator up to 2 weeks, or freeze. Reheat in a toaster or warm oven.

Source: The Allergy Self-Help Cookbook – by Marjorie Hurt Jones, R.N.

### Savory Seed Seasoning

Fill a large-hole saltshaker with this custom mixed flavor enhancer. It contains only 43 milligrams of sodium per teaspoon, compared to 2,132 milligrams in a teaspoon of salt.

½ c. sesame seeds or sunflower seeds  
1 tbs wheat-free tamari sauce  
1 tsp dried basil  
1 tsp dried oregano  
¼ tsp onion powder (optional)  
1/8 tsp garlic powder (optional)

In a blender, grind the sesame seeds or sunflower seeds to a coarse powder. Add the tamari, mixture and blend a few seconds to mix. Scrape the mixture into a flat baking dish. Bake at 250° for about 30 minutes, or until it's dry and very fragrant.

Allow to cool. Then return mixture to dry blender, and process at high speed until it's reduced to a fine powder. Stop the machine, and scrape the bottom of the blender bowl. Add the basil, oregano, onion powder and garlic powder. Blend again to be sure all seeds are finely ground.

Variations: Substitute one or two of the following for the basil and oregano to create your own signature seasoning: 2 tsp Hungarian paprika, 1 or 2 tsp powdered kelp (unless you are allergic to iodine), 1 tsp dried tarragon, 1 tsp dried dill weed, 1 tsp dried savory, 1 tsp dried marjoram, ½ tsp crushed dried rosemary or ¼ tsp dried sage.