



Angela Pifer, MSN
Certified Nutritionist

Breakfast Ideas:

Millet and Quinoa Cereal

1 1/2 cup millet

1 cup quinoa

Rinse and drain all grains and nuts/seeds in a fine strainer. Toast grains (millet, rice, quinoa) in one of two ways:

Oven toasting:

- Preheat oven to 350° F. Spread grains on a cookie sheet and toast in oven until they give off a nutty aroma (12-15 minutes).

Skillet toasting:

- Place washed grains in a large skillet on burner and toast on medium heat, stirring constantly, until grains give off a nutty aroma (5 - 8 minutes).

Cooking Instructions:

- Let toasted grains cool and store in sealed container. You can toast a big batch of several different grains at one time and store them in separate jars.
- For the best nutrition, grind grains just prior to using in a small electric grinder or food processor. Once a grain is ground it begins to lose nutritional value within 24 to 48 hours. Store the whole toasted grains in labeled, sealed containers and grind the amount you need before cooking.
- To cook ground grains into cereal use 1/3 cup ground cereal and 1 cup water per person. Combine cereal and water in a pot; bring to a boil. Reduce heat to low and simmer, covered, for 10-12 minutes.
- Top plain cooked cereal with a little maple syrup, or fruit.

Nutty Millet Cereal

1 cup millet

1 cup brown rice

1 cup nuts and/or seeds

Makes three servings. Keep refrigerated. Sweeten with real maple syrup.

Amaranth Breakfast Cereal

2 cup amaranth
4 cup water
2 pears, peeled and chopped
¼ cup chopped walnuts

In a medium saucepan, bring the amaranth, water and pear to a boil. Lower heat to simmer, and cook for 20-30 minutes, or until all water has absorbed. Add walnuts and garnish cereal with rice syrup, honey, and/or rice milk. Serves 2-4

Gluten Free Pancakes

1/2 cup ground cashews
1 Tbs. rice syrup
1 1/2 cups amaranth, quinoa or rice flour
1 1/4 cup water
1 tsp. baking powder
2 Tbs. oil
1/4 tsp. salt

Combine dry ingredients in medium bowl. Combine liquid ingredients in small bowl, mix well and lightly stir into dry ingredients. Cook pancakes on preheated, ungreased, non-stick griddle or frying pan. When bubbly and brown, turn. As batter thickens, add water, a tablespoon at a time to keep cakes thin.

Carillon Point
5400 Carillon Point
Kirkland, WA 98033

425.747.5282
www.NutritionNorthwest.com
Office@NutritionNorthwest.com

Lake Union Wellness
235 Westlake Ave N
Seattle, WA 98109