

Ginger Pear Amaranth Porridge

Source: *"Delicious Detox"* by Carol Morley (available for sale in the clinic)

Yield: 2 servings

To save some time in the morning, make enough for a few days, without the walnuts, store in the refrigerator, and then just reheat, adding a touch more rice milk and that walnuts.

- ¾ cup amaranth
 - ¼ tsp sea salt
 - 1 ¼ cup water
 - 1 small pear, diced
 - ¼ cup walnut halves
 - 1 tsp peeled and grated fresh gingerroot
 - ¼ tsp vanilla extract
 - ½ tsp cinnamon
 - ¼ cup unsweetened rice or almond milk
1. Rinse the amaranth in a saucepan and drain as much water as you can. Using a sieve will not work with this tiny, fine grain.
 2. Put the amaranth, salt, and water in a small saucepan and bring to a boil, uncovered, over high heat. This should take about 3 minutes.
 3. Reduce the heat to medium-low and simmer, covered, for about 20 minutes, stirring occasionally, until almost all the water is absorbed.
 4. Stir in the pear, walnuts, gingerroot, vanilla, cinnamon, and milk and simmer, covered, for another 5 minutes. Let sit for 5 minutes more before serving.