



A Nutrition Resource

Amaranth Crackers

Yield: 1 Serving

Ingredients:

- 1 cup amaranth
- 3 cups water
- 1 tbsp sunflower oil can substitute olive oil
- salt
- Optional: herbs to season rosemary, garlic powder

Directions:

- 1) Combine amaranth and water and simmer until dough becomes sticky and thick (about 45 minutes)
- 2) Stir in oil
- 3) Spread dough on two cookie sheets lined with parchment paper and sprinkle with salt and optional herbs
- 4) Bake at 300 degrees for about an hour until crispy.
- 5) Break with hands to form crackers



Nutrition Facts	
Amount per	
1 serving (26.6 oz)	753 g
Calories 130	From Fat 125
% Daily Value*	
Total Fat 14.1g	22%
Saturated Fat 1.4g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 175mg	7%
Total Carbohydrates 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 1g	1%
Vitamin A 16% • Vitamin C 20%	
Calcium 13% • Iron 4%	
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	

This material was provided by Indigi Kitchen:
<https://www.indigikitchen.com/amaranth-crackers/>

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