



Hot Fruit & Spice Cereal



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



363 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup amaranth grain
- ☐ 0.5 cinnamon sticks
- ☐ 0.3 cup apricots dried chopped
- ☐ 0.3 cup cherries dried
- ☐ 2 tablespoons honey
- ☐ 0.5 cup nonfat greek yogurt

Equipment

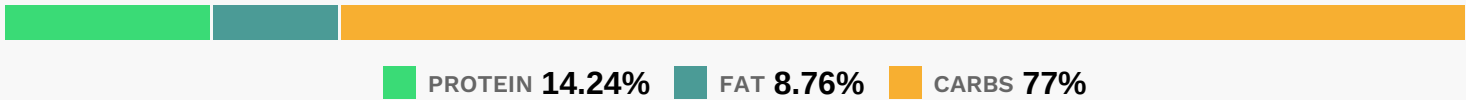
- ☐ sauce pan

☐ microwave

Directions

- ☐ In a small saucepan, bring amaranth, cinnamon, and 2/3 cup water to boil. Reduce heat to a simmer, cover, and cook 10 minutes.
- ☐ Let cool slightly. Discard cinnamon.
- ☐ In a microwave-safe container, microwave dried fruit, honey, and 2 tbsp. water until warm, about 30 seconds.
- ☐ Mix 1 tbsp. honey liquid from the fruit into yogurt. Divide yogurt between 2 dishes, top each with half of amaranth, then half of honeyed fruit.
- ☐ *Buy in boxes or in bulk at well-stocked groceries and natural-foods stores.

Nutrition Facts



Properties

Glycemic Index:62.84, Glycemic Load:21.92, Inflammation Score:-8, Nutrition Score:17.112173826798%

Nutrients (% of daily need)

Calories: 362.85kcal (18.14%), Fat: 3.67g (5.64%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 72.54g (24.18%), Net Carbohydrates: 66.18g (24.07%), Sugar: 36.23g (40.26%), Cholesterol: 2.5mg (0.83%), Sodium: 24.91mg (1.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.41g (26.82%), Manganese: 1.82mg (91.02%), Phosphorus: 349.69mg (34.97%), Magnesium: 131.3mg (32.83%), Fiber: 6.35g (25.41%), Iron: 4.55mg (25.25%), Vitamin A: 1129.08IU (22.58%), Selenium: 14.53µg (20.75%), Vitamin B6: 0.35mg (17.34%), Calcium: 164.82mg (16.48%), Copper: 0.33mg (16.4%), Vitamin B2: 0.26mg (15.14%), Potassium: 518.8mg (14.82%), Zinc: 1.78mg (11.84%), Folate: 45.16µg (11.29%), Vitamin B5: 0.97mg (9.7%), Vitamin E: 1.3mg (8.69%), Vitamin B12: 0.35µg (5.83%), Vitamin B3: 1.01mg (5.04%), Vitamin B1: 0.07mg (4.64%), Vitamin C: 2.33mg (2.82%)