

- Cultivated as a grain for 8,000 years
- Classified as a "pseudocereal" - grown for edible starchy seeds like cereals, but not from the same family as wheat + rice
- Originally cultivated by the Aztecs
- Propagates via seed cycle after one or a few years

In a 100 gram amount, cooked amaranth provides 103 calories & includes the minerals phosphorus, manganese and iron. Also high in protein, lysine & amino acid.

Can be ground into a flour to be used as a thickener



Gluten-free, good source of fiber & TWICE the calcium of milk!

[magenta]

Leaves are high in Vitamin C, Vitamin A & folate

One of most protein-rich of any plant-based food (Roughly 15%!)

- Easy to digest
- Works as an appetite suppressant

# AMARANTH aka - "pigweed"

## amaranthus

Name "amarantos" Greek - means "everlasting" or "one that does not wither" in reference to vivid coloration even after drying