

Coconut Rhubarb Amaranth Porridge

Yield: 2 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/amaranth-grain-recipe-indian>

Ingredients:

- 3 cups rhubarb
- 1 tablespoon cinnamon
- 1/2 cup medjool dates pitted and chopped
- 1 1/4 cups coconut milk
- 1/2 cup amaranth
- 1/8 teaspoon salt
- toasted coconut
- coconut milk

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 59 grams
3. Fat: 36 grams
4. Fiber: 12 grams
5. Protein: 6 grams
6. SaturatedFat: 32 grams
7. Sodium: 180 milligrams
8. Sugar: 39 grams

Thank you for visiting our website. Hope you enjoy Coconut Rhubarb Amaranth Porridge above. You can see more 16 amaranth grain recipe indian Dive into deliciousness! to get more great cooking ideas.