



Blood Amaranth : Amaranthus cruentus

Popped Amaranth Bites by Anthony Barela

(Makes ~20)

4 Tablespoons (~ $\frac{1}{4}$ cup) of unpopped amaranth seeds = 1 cup popped amaranth

$\frac{2}{3}$ cup crushed sunflower seeds

$\frac{1}{3}$ cup sunflower butter

$\frac{1}{3}$ cup chopped, dried fruit (blueberries, cranberries, wild grapes, etc.)

$\frac{1}{4}$ cup chia seeds

2 Tablespoons crushed cashews

2 Tablespoons maple syrup

$\frac{1}{3}$ cup dried, shredded toasted unsweetened coconut

Popping Amaranth

1. Heat a tall pot over medium-high heat until very hot.
2. Once hot, add unpopped amaranth and stir constantly with a wooden spoon until the grains begin to pop. This should start happening within 5 seconds. The entire popping process should take no more than 30 seconds if the pan is heated correctly. Remove from heat once most of the grains have popped or once you begin to smell "burning popcorn".
3. Pour popped amaranth into a separate container to cool down, do not cover.

Making Bites

1. Add popped amaranth, crushed sunflower seeds, dried fruit, chia, and crushed cashews to a bowl and mix well until all ingredients are well blended.
2. Gradually add sunflower butter to the seed-nut-fruit blend and mix well. Add more or less sunflower butter, seeds, or more popped amaranth as needed. The ideal texture is one that will hold the shape of a ball and can gently roll, but will crumble easily under light pressure.
3. Roll seed balls on a plate of maple syrup to fully coat.
4. Roll coated seed balls in toasted shredded coconut.
5. Refrigerate in a container for a few hours for a firmer eating texture or eat fresh.
6. Leftovers can be stored in a container in the refrigerator for a couple of days.

Amaranthaceae – Amaranth Family

Amaranthus cruentus –

Blood Amaranth (Turtle Island – Southwest)

Wee'e (Yoeme)

Anacardiaceae – Sumac Family

Anacardium occidentale –

Cashew (South America – Brazil)

Arecaceae – Palm Family

Cocos nucifera –

Coconut (Turtle Island – Central America)

Kooko (Yoeme)

Asteraceae – Aster Family

Helianthus annuus –

Common Sunflower (Turtle Island – Everywhere!)

Ta'ata Vichu (Yoeme), Giiziswabigwaan (Ojibwe)

Ericaceae – Heather Family

Vaccinium macrocarpon –

Cranberry (Turtle Island – Northern)

Mashkiigimin (Ojibwe)

Lamiaceae – Mint Family

Salvia mexicana –

Common Chia (Turtle Island – Southwest)

Sapindaceae – Soapberry Family

Acer saccharum –

Sugar Maple (Turtle Island – Midwest, Northeast)

Aninaatig (Ojibwe)