

Grain /Seed	Grain to Water for Cooking	Stove Top cooking	Electric Pressure Cooker	Stove Top Pressure Cooker	Notes
Amaranth	1:3	25 min	3 min	4 min	High quality protein, fiber (2 gms per ½ c cooked), iron and Vit C also lysine rich. Greens are good for potassium and Vit A Is a complete protein—has all amino acids Cook with other grains to increase the dish’s protein value Can also ‘pop’ in a dry hot deep pot (make sure you put a lid on it) for adding crunch Stores well
Chia					Rich in boron, calcium, protein – supports proper brain functioning Usually used uncooked – soaking it thickens whatever you add it to
Kamut	1:3	120 min	20 min	50 min	2-3 times larger than wheat, 30% higher in protein, richer in magnesium, zinc and Vit E
Millet	1:3	35 min	6 min	7 min	Rich in amino acids and Vit B, lysine, higher in iron than any except amaranth and quinoa One of most nutritious grains Easy to digest, bland flavor – if toasted before boiled tastes similar to buttered popcorn – good meat extender
Oats	1:3 (groats)	90 min	12 min	15 min	Rich in protein, seven B vitamins, calcium, fiber, unsaturated fats Fiber is 3 gms per ½ cup
Quinoa	1:2	20 min	6 min	7 min	Contains more protein than any other grain – complete – all 8 amino acids – high in unsaturated fats, lower in carbs than most grains, loaded with niacin, iron, phosphorus, potassium, high in lysine Will expand to 4 times original volume MUST rinse well before cooking – or it tastes soapy
Rice	1:2	45 min	12 min	14 min	One of most nutritious grains—low in fat, sodium but high in fiber. 80% carbs, small amts of protein, Vit B1, phosphorus, potassium Brown has 4 gms fiber per ½ C and white has 1 gm
Spelt	1:3	120 min	20 min	45 min	Contains all 8 amino acids – 60% higher in protein than wheat and contains B vitamins, iron, potassium, magnesium, fiber (3.5 gms per ½ c) good for those who can’t tolerate wheat
Teff	1:3 or 1:4	15-20 min			Smallest grain in world – gluten free – higher in iron and calcium than wheat, millet or oats and also good for minerals – magnesium, boron, copper, phosphorus, zinc good added to anything else – used in Ethiopia for centuries
Wheat	1:3	120 min	12 min	40 min	Around since 10000 BC – contains 13 B vitamins, Vit E, protein, essential fatty acids and trace minerals, fiber is 3 gms per ½ c Hard red is best for sprouting into wheat grass

THM suggests sprouting or souring these grains to increase their bioavailability and reduce glycemic load: Wheat, Spelt, Kamut, Buckwheat, Bulgur, Brown Rice, Teff, Millet, Amaranth

These grains do not need sprouting or souring: Quinoa, Rye, Oat, Chick Pea