

Blueberry Pie Oatmeal

INGREDIENTS

- 2** handfuls of amaranth
- 2** handfuls of oats
- 2 C** milk of your choice
- 1½ C** blueberries
- 1 TBSP** maple syrup
- 1 TSP** ground cinnamon
- juice of ½ lemon

2 SERVINGS

- 1** First get the oatmeal going. Put the amaranth and oats into a pan with half the milk and bring to a gentle simmer. Leave to bubble away for 20 minutes, topping up with the rest of the milk when needed and some extra hot water if the oatmeal starts to look a bit too dry.
- 2** While your oatmeal is cooking, put the blueberries into another pan with the maple syrup, cinnamon, and lemon juice and cook over a medium heat. Use a wooden spoon to mash up some of the blueberries and release their deep violet juices, leaving a few whole. They are ready when most of the liquid has reduced to a jammy texture, like a pie filling.
- 3** Your oatmeal is ready when the amaranth grains have softened and been absorbed into the creamy oats but still have a little bite.
- 4** To serve, pile the oatmeal into bowls and top with the blueberries and more maple syrup, if you like. It's dessert for breakfast.

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