

Alegria

Created by/Adapted from: The Grain Guru

Featuring: Amaranth

From: South America

Makes: 12 Bars (3x3.25 inches)

Cost per serving: 21¢

Ingredients

- ✓ 10 tablespoons (2 cups) Popped Amaranth
- ✓ 1/4 c Honey
- ✓ 1/4 c Brown Rice Syrup
- ✓ 4 tbsp Margarine
- ✓ 1/2 tsp Vanilla Extract



*Amaranth grain is gluten free and a complete source of protein

*The leaf of the amaranth plant can be eaten like spinach

Directions

1. Lightly grease 9x13 inch pan
2. Heat a large heavy skillet till hot. Add 1 Tbsp amaranth in skillet. Cover with lid, shake for 15-20 seconds. Transfer popped amaranth to a large bowl. Repeat 1 Tbsp at a time until all amaranth is popped.
3. Combine honey, rice syrup, butter and vanilla in heavy large skillet and heat to boiling. Reduce heat to medium and cook, stirring constantly, until the mixture darkens and thickens (about 10 minutes).
4. Add syrup mixture to popped amaranth and mix. Add any desired additives (carob chips, dried fruit, ect.).
5. Spoon mixture into prepared pan and spread with a spatula. Cut into 12 bars while still warm then cool.
6. Once cooled, re-cut bars (if necessary)

Food Item (Alegria)

Nutrition Facts

Serving Size 1Bar

Per Serving Recipe: 12

Calories 118 **Calories from Fat 40.5**

% Daily Value*

Total Fat 4.5 g	7%
Saturated Fat .8 g	4%
Trans Fat .6 g	3%
Cholesterol 0 mg	0%
Total Carbohydrate 18 g	6%
Dietary Fiber .7 g	3%
Sugars 10 g	

Protein 1 g

Vitamin A .5% Vitamin C .6%

Calcium 2% Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4

Produced By Sage Graduate School Dietetic Intern

1 bar = 1 carbohydrate exchange