

Types of Grains and Seeds (Alternatives to Wheat)

Type	Description	Protein Content	WF/GF	Used For
Amaranth	Amaranth was a staple in the diets of pre-Columbian Aztecs, who believed it had supernatural powers and incorporated it into their religious ceremonies.	15-18% protein 7 gm per serving	yes	Breakfast Cereal, ground into flour, popped like popcorn, sprouted, toasted. Added to stir fry or soup as a nutrient dense thickening agent. Use up to 1/3 or less flour called for in recipe
Buckwheat	A relatively new grain, it hasn't been in cultivation for much more than a thousand years. Saying it's a grain is a misstatement as it's not really a grain at all. It's actually, technically, a fruit. It's a hardy plant that thrives in poor soil conditions and continues to live through freezing temperatures, droughts and excess rain.	11% 5 gm per serving	yes	100% buckwheat flour makes delicious pancakes Mixed with wheat flour, buckwheat makes great tasting biscuits, muffins and breads and can be mixed up to 50% with wheat flour for making yeast breads.
Kamut (emphasize last syllable - rhymes with smoot)	Grain from ancient Egypt. The new cereal is an ancient relative of modern durum wheat, two to three times the size of common wheat with 20–40% more protein, higher in lipids, amino acids, vitamins and minerals, and a "sweet" alternative for all products that now use common wheat	14.7% 40% higher than regular wheat 5 gm per serving	No, but for many wheat sensitive people, Kamut brand grain has become "the wheat you can eat."	Cereal, great flour for bread, cookies, snacks, waffles, pancakes, bread mixes, baked goods, and prepared and frozen meals <i>Contains gluten but is currently being studied for use with gluten intolerance</i> Higher protein content makes this grain an excellent ingredient in pasta
Millet	Millet is one of the oldest foods known to humans and possibly the first cereal grain to be used for domestic purposes. Millet has been used in Africa and India as a staple food for thousands of years and it was grown as early as 2700 BC in China where it was the prevalent grain before rice became the dominant staple.	15 % protein 5 gm per serving	yes	Cooked cereal, casseroles, breads, soups, stews, soufflés, pilaf, and stuffing. It can be popped like corn and used as a snack or breakfast cereal It can be served under sautéed vegetables or mixed with beans.

Type	Description	Protein Content	WF/GF	Used For
Quinoa (white)	<p>Although not a common item in most kitchens today, quinoa is an amino acid-rich (protein) seed that has a fluffy, creamy, slightly crunchy texture and a somewhat nutty flavor when cooked. Quinoa is available in your local health food stores throughout the year.</p> <p>Most commonly considered a grain, quinoa is actually a relative of leafy green vegetables like spinach and Swiss chard. It is a recently rediscovered ancient "grain" once considered "the gold of the Incas."</p>	6 gm per serving compared to Rice at 3 gm per serving	yes	<p>Cooked quinoa is excellent in hot casseroles and soups, stews, in stir-fries, or cold in salads. Uncooked seeds may be added to soups and stews as you would barley or rice and quinoa is often substituted for rice in rice dishes.</p> <p>Quinoa flakes can be used like oatmeal. It can be popped like corn and eaten as a snack or cereal.</p> <p>Quinoa flour is used in making pasta and a variety of baked goods such as pancakes, bread, muffins, and crackers.</p>
Quinoa (red)	Yes and red quinoa has just as much wonderful healthy goodness as regular white quinoa . It's a complete protein like its pale sister,	6 gm per serving compared to Rice at 3 gm per serving	yes	Use like a rice in soups, salads. Use as a meat substitute in recipes calling for ground beef (tacos)
Spelt	Ancient Wheat – original wheat before hybrids were developed. Spelt is an ancient grain that traces its heritage back long before many wheat hybrids. It can be used in many of the same ways as wheat including bread and pasta making. Spelt does not seem to cause sensitivities in many people who are intolerant of wheat.	4 gm per ¼ cup flour	no	Use the same as wheat – flour, cereal, cooked grains in salads
Teff	The smallest cereal in the world. A basic part of the Ethiopian diet. It is five times richer in calcium, iron, and potassium than any other grain, It also contains substantial amounts of protein and soluble and insoluble fiber. Considered a nutritional powerhouse, it has a sweet, nutty flavor.	5 gm per serving	yes	<p>The grain is ground into flour, fermented and made into a sour-dough type flat bread.</p> <p>Porridge, Cookies, Breads, Pie Crust</p>

*Grains can be soaked for 12-24 hours before cooking and it will shorten the cooking time. Add 1-2 TB of acid medium (yogurt, buttermilk, apple cider, lemon juice) to soak water.