

# GLUTEN-FREE GRAINS COOKING CHART

GRAIN	LIQUID RATIO (GRAIN:WATER)	COOKING TIME	YIELD (1 CUP DRY)
Amaranth	1 : 2.5	15-20 Mins	2.5 Cups
Buckwheat (Kasha)	1 : 2	10-12 Mins	4 Cups
Millet	1 : 2.5	20-25 Mins	3.5 Cups
Quinoa	1 : 2	12-15 Mins	3 Cups
Rice (Brown)	1 : 2.5	40-45 Mins	3 Cups
Rice (White)	1 : 1.5	15-18 Mins	3 Cups
Rice (Wild)	1 : 3	45-50 Mins	3.5 Cups
Sorghum	1 : 3	50-60 Mins	3 Cups
Teff	1 : 3	15-20 Mins	3 Cups

*Instructions: Bring liquid to a boil, add grain, reduce to simmer, and cover. Let stand for 5 minutes after cooking.*