

# GLUTENLESS GRAINS PANTRY GUIDE

| GRAIN / SEED      | RATIO (GRAIN:WATER) | COOK TIME  | BEST FOR                         |
|-------------------|---------------------|------------|----------------------------------|
| <b>Quinoa</b>     | 1 : 2               | 15 mins    | Salads, Bowls, Protein base      |
| <b>Buckwheat</b>  | 1 : 2               | 20 mins    | Porridge, Roasted groats (Kasha) |
| <b>Millet</b>     | 1 : 2.5             | 20-25 mins | Fluffy sides, Soups, Mash        |
| <b>Amaranth</b>   | 1 : 3               | 20 mins    | Polenta-like texture, Puddings   |
| <b>Brown Rice</b> | 1 : 2.25            | 45 mins    | Stir-fry, Hearty sides           |
| <b>Sorghum</b>    | 1 : 3               | 50-60 mins | Chewy texture, Grain salads      |
| <b>Wild Rice</b>  | 1 : 3               | 45 mins    | Stuffing, Nutty accents          |

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|---------------------|----------------------------|------------------|------------------------------|
| <b>Teff</b>         | 1 : 3                      | 15-20 mins       | Creamy breakfast, Thickening |

Note: Always rinse grains thoroughly before cooking to improve flavor and texture.