

# ANCIENT GRAINS

Gluten-Free Reference Chart

GRAIN TYPE	TEXTURE	BEST FOR	RATIO (WATER:GRAIN)
<b>Amaranth</b>	Creamy / Porridge	Breakfast, Thickener	3 : 1
<b>Buckwheat</b>	Nutty / Earthy	Kasha, Soba, Salads	2 : 1
<b>Millet</b>	Fluffy / Mild	Side dishes, Soups	2.5 : 1
<b>Quinoa</b>	Light / Seed-like	Salads, Grain bowls	2 : 1
<b>Sorghum</b>	Chewy / Hearty	Pilaf, Popped snacks	3 : 1
<b>Teff</b>	Fine / Polenta-like	Breads, Puddings	3 : 1
<b>Wild Rice</b>	Firm / Chewy	Wild mixes, Stuffing	3 : 1

Template Example Only ðŸŒ© Naturally Gluten-Free Grains