

# ORGANIC GLUTENLESS GRAINS REFERENCE

<b>GRAIN TYPE</b>	<b>FLAVOR PROFILE</b>	<b>COMMON USE</b>	<b>WATER RATIO</b>
<b>Amaranth</b>	Nutty, Peppery	Porridge, Polenta	3 : 1
<b>Buckwheat</b>	Earthy, Robust	Kasha, Soba Noodles	2 : 1
<b>Millet</b>	Mild, Sweet	Salads, Side Dish	2.5 : 1
<b>Quinoa</b>	Light, Nutty	Bowls, Salads	2 : 1
<b>Sorghum</b>	Neutral, Sweet	Baking, Whole Grain	3 : 1
<b>Teff</b>	Malt-like, Hazelnut	Flatbread, Thickener	3 : 1
<b>Wild Rice</b>	Smoky, Chewy	Pilaf, Soups	3 : 1

Verification of organic certification and cross-contamination labels recommended.