

# WHEATLESS GRAINS CHART

## Cooking Ratios & Times

<b>GRAIN TYPE</b>	<b>WATER RATIO</b>	<b>TIME (MIN)</b>	<b>YIELD (1 CUP DRY)</b>
Quinoa (Rinsed)	<b>1 : 2</b>	15	3 Cups
Buckwheat Kasha	<b>1 : 2</b>	10-12	2.5 Cups
Millet	<b>1 : 2.5</b>	20	3.5 Cups
Brown Rice	<b>1 : 2.5</b>	45	3 Cups
Wild Rice	<b>1 : 3</b>	50	3 Cups
Amaranth	<b>1 : 3</b>	20	2.5 Cups
Sorghum	<b>1 : 3</b>	60	3 Cups
Teff	<b>1 : 3</b>	20	3 Cups

Note: All ratios refer to 1 part grain to parts liquid. Allow to rest for 5 minutes after cooking.