

## Yam-Aranth Pookies

Ok so this is a Nadine Original. I came up with this recipe while preparing for the Northern Colorado Bodybuilding Competition. I used this extensively during my carb load process. You might want to try this with half of the ingredients to see if you like them. I called them Yam-Aranth Pookies because they are neither cookies nor pancakes, and are made from yams and amaranth grain. Enjoy

### **Ingredients:**

1 cup of Amaranth grain  
1-16 oz Yam (I preferred the yellow yam rather than the orange one)  
Pam Cooking Spray  
Spices... pumpkin pie, apple pie or just cinnamon work excellent

### **Directions:**

- Cook the Amaranth in a medium sized pan according to the directions. I believe it is 1 cup Amaranth to 3 cups of water. Bring to a boil then reduce to a simmer for 25 mins. The cereal will thicken in the last two mins of cooking time so make sure you STIR it well.
- Add your spices to the cereal as it is cooking. This will open up the flavors.
- Remove this mixture from the heat when done.
- Meanwhile, poke your Yam with a knife a few times and microwave it until done. A 16 oz yam will take about 7-10 mins to cook.
- Allow the yam to cool so that you can peel off the skin.
- MASH the cooled yam with a fork and place in a med-large mixing bowl
- STIR the cooked amaranth into the mashed yam. MIX WELL.
- Put a lid on the bowl and put in the refrigerator until complete cooled (overnight works great).
- Once your yam-aranth mixture is completely cooled it will have a thick consistency. At this time you are ready to fry them into pancakes.
- Pre-heat your skillet with Pam to medium. Place spoon sized pancakes around the skillet and fry until golden brown on each side. I have found the longer you fry these, the better they taste.

These are delicious hot or cold. I found these fulfilled my craving for sweet, chewy things. They are also loaded with carbs. The orange yams were too sweet for me; you might try them to see what YOU like. These are different, but now a favorite of mine. I hope you like them as well. ~N