



Health Advice

Pseudograins – the healthy way to bring variety to our plates

We find them in bowls, salads and muesli, but amaranth, chia, buckwheat and quinoa are still considered rather exotic in German cuisine. Yet they deserve a regular spot on our menus, because these “pseudograins” taste delicious and pack a nutritional punch. They also bring tasty variety to our plates.

Quinoa, amaranth and so on may look a bit like classic grains and are prepared in a similar way, but they don't belong to the botanical grass family, like wheat, for example, does. This is why we call them pseudograins. As they're gluten-free, they're perfect for anyone who wants or needs to follow a gluten-free diet. Most pseudograins also contain slightly fewer carbohydrates than wholemeal wheat and score low on the glycaemic index. This means they make a great alternative for people with blood sugar or weight problems. They're also full of protein and provide many healthy monounsaturated and polyunsaturated fatty acids.

4 types of pseudograin you should know

Amaranth: Nutty popped amaranth and amaranth flakes taste delicious in sweet dishes such as muesli, biscuits, cakes or waffles. But the little seeds are also great in savoury foods: when cooked they are the perfect addition to vegetable stir-fries, casseroles or fritters.

What's in it: high-quality protein, lots of calcium, potassium, magnesium and iron.

Quinoa: A perfect side dish, similar to couscous, that should find its way into our diets more often. Quinoa is also cooked like rice. With a little butter or olive oil and a pinch of salt, it becomes a delicious side dish and creates tasty fillings (e.g. stuffed peppers), fritters and soups.

What's in it: folic acid and various other B group vitamins, lots of potassium, magnesium, iron, calcium and zinc.

Buckwheat: You can buy buckwheat as whole grains or flour. The grains are served cooked as a delicious porridge, risotto, fritter or side dish. Roasted they also make a fantastic topping for soups or salads. Buckwheat flour is ideal for baking. In France, galettes, thin buckwheat crêpes, are a popular speciality and are usually served with a savoury filling.

What's in it: lots of magnesium and potassium, nutrients, vital substances & minerals as well as easily digestible proteins.

Chia: Chia seeds are a wonderful addition to baked goods, muesli or breakfast porridge. Chia is an excellent source of fibre, and the small seeds also provide around 30 percent fat, with a particularly good ratio of omega-6 fatty acids to omega-3 fatty acids and a high protein content.

What's in it: lots of omega-3 fatty acids, proteins, fibre, vitamins and minerals.

Recipe idea for your lunch box

Fresh quinoa salad – Ingredients for 2 portions:

- 80 g quinoa
- 200 g cherry tomatoes
- 200 g cucumber
- ½ yellow pepper
- 1 handful fresh parsley
- 3 tbsp lemon juice
- 2 tbsp olive oil
- Salt
- Pepper
- 100 g feta
- 150 g natural yoghurt

Preparation:

Place the quinoa in a sieve and rinse well under running water. Then bring it to the boil in a saucepan with approx. 200 ml of salted water and simmer for about 15 minutes. Remove from the heat and leave to cool.

Wash the tomatoes, cucumber and pepper and cut them into small cubes. Rinse the parsley and chop finely. Mix the quinoa with the lemon juice and olive oil. Add the diced vegetables and parsley. Season with salt and pepper. Put in a lunch box and refrigerate. Crumble the feta, mix with the yoghurt and pour over the salad shortly before eating. If you like, sprinkle a few pine nuts or pumpkin seeds on top, or add chopped mint leaves or spring onion rings.