



# RATIOS

Water to Grain



**1 Part Water to 1 Part Grain**

Bulgur  
Couscous



**1 and 1/2 Parts Water to 1 Part Grain**

Microwave Oatmeal  
White Rice



**2 Parts Water to 1 Part Grain**

Amaranth  
Farro  
Brown Rice  
Millet  
Bulgur Wheat  
Quinoa  
Stovetop Rolled Oats



**3 Parts Water to 1 Part Grain**

Kamut (Soak Overnight)  
Steel Cut Oatmeal  
Barley



**4 Parts Water to 1 Part Grain**

Wild Rice