



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

Brown Rice

Bulgur Wheat

Stovetop Rolled Oats

Farro

Millet

Quinoa



3 Parts Water to 1 Part Grain

Steel Cut
Oatmeal

Kamut (Soak
Overnight)



4 Parts Water to 1 Part Grain

Wild Rice