



# RATIOS

Water to Grain



## 1 Part Water to 1 Part Grain

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

Bulgur

Couscous

Microwave Oatmeal

White Rice



## 2 Parts Water to 1 Part Grain

## 3 Parts Water to 1 Part Grain

Amaranth

Farro

Brown Rice

Millet

Bulgur Wheat

Quinoa

Stovetop Rolled Oats

Steel Cut

Oatmeal

Kamut (Soak

Overnight)