



# Raw Buckwheat Breakfast Porridge

Servings **4 cups**

Prep **1 hr 30 min**

Cook **5 min**

## Porridge Ingredients

**2 cups** Raw Buckwheat Groats ( soaked in water for minimum of 1 hour or overnight | note: this is not the same as Kasha)

**1 ¼ cups** Almond Milk

**2 Tbsp.** Chia Seed

**¼ cup** Liquid Sweetener (agave, pure maple syrup etc...)

**1 tsp.** Pure Vanilla Extract

**1 tsp.** Cinnamon

**pinch** Salt

## Optional Ingredients

Chopped fruit or dried fruit (banana, Berries, kiwi, apple, peaches, nectarines, raisins, mango, etc)

Chopped nuts and or seeds (I used almonds)

Nut Butter or ABU

Toasted coconut, chocolate chips, etc

## Directions

- 1** 1. In a bowl, pour 2 cups of raw buckwheat groats and 4 cups of water. Soak for at least 1 hour or overnight. After soaking, rinse well in a strainer several times.
- 2** 2. Place buckwheat groats in food processor or blender, along with the almond milk, chia seeds, and vanilla. Process until combined and slightly smooth. Now add in the sweetener and cinnamon to taste (I found ¼ cup of sweetener was enough, but others might like a bit more or less than that).
- 3** 3. Scoop into bowls or parfait glasses and add your desired toppings & mix-ins. Serve immediately cold. Place leftovers into fridge and enjoy for the next few days. Makes 4 cups at about 385 calories per cup (using ¼ c maple syrup, but without toppings).