Creamy Buckwheat Porridge

2 SERVINGS 15 MINUTES

INGREDIENTS

1/2 cup Creamy Buckwheat*
2 cups Water
1/8 tsp Sea Salt
1/2 cup Canned Coconut Milk (full-fat)
1 tsp Cinnamon (more or less to taste)
1 Banana (sliced)
1 cup Strawberries (halved)
2 tbsps Cacao Nibs (optional)
1/2 cup Pecans (coarsely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	561	Fiber	10g
Fat	32g	Sugar	13g
Carbs	63g	**Protein**	8g

DIRECTIONS

01 Bring water and salt to a boil. Add the creamy buckwheat, reduce heat, and simmer for about 10 minutes. Check regularly and add more liquid if needed to prevent it from sticking to the bottom of the pan.

02 Remove from heat and add the coconut milk and cinnamon. Mix well.

03 Top with cocoa nibs, fruits and pecans. Enjoy warm or cold.

NOTES

*MAKE YOUR OWN
You can make your own creamy buckwheat by grinding buckwheat groats in a food processor or high-speed blender until you get a coarse grainy mix. Do not overblend or you will get flour!

CREAMIER
For extra creaminess, use almond milk instead of water when cooking.

NO COCONUT MILK
You can replace the coconut milk with any non-dairy milk.

MIX 'N MATCH
Feel free to use any fruits and nuts combo in this recipe, according to what is in season.