



Simple | Healthy | Delicious

Creamy Buckwheat Porridge

INGREDIENTS

1/4 c raw Nature's Earthly Choice buckwheat

1/4 c milk (or milk of choice)

1 c water

1/2 small banana, thinly sliced

FOR ADDITIONAL MIX-IN INGREDIENTS

Cinnamon

Chopped fruit

Nut/seed butter



DIRECTIONS:

1. Grind buckwheat in a spice/coffee grinder for 2-3 seconds, two times.
2. In a small saucepan bring buckwheat, water, and milk to a boil and reduce heat, stirring frequently.
3. After four minutes, stir in banana and keep whisking frequently for two more minutes.
4. Serve with cinnamon, chopped fruit, and nut/seed butter.