

# Gluten- Free Buckwheat Groats Porridge

## INGREDIENTS

### Porridge

1/4 cup / 50g buckwheat seeds

10 raw cashews or macadamia nuts for maximum creaminess

1 cup/ 250ml water

1/2 banana

1 tablespoon nut or seed butter

1 teaspoon chia seeds

1/4 teaspoon cinnamon

1/2 teaspoon vanilla extract

### Pumpkin Swirl

2 tablespoons cooked pumpkin puree

1 teaspoon pumpkin spice

1 teaspoon raw honey

## METHOD

1. Soak buckwheat seeds overnight.
2. In the morning, strain and rinse the soaked groats properly.
3. Place them in a blender.
4. Add water and all remaining ingredients.
5. Blend until smooth.

6. Pour into a small saucepan and warm through on the stovetop. Keep an eye on it as it thickens quickly. You may also microwave on high for one to two minutes.
7. Dress with pumpkin swirl or preferred toppings. You can add bananas, seasonal fruit and sprinkle Omega seeds.

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