



BUCKWHEAT PORRIDGE

With cashew cream

INGREDIENTS

Porridge:

- 1 cup buckwheat kernels
- 3 cups water
- 1 cup nut milk
- 2 tab cocoa powder
- 1 tab stevia powder

Cashew cream:

- 1 cup cashews
- 1 - 2 fresh dates

Toppings:

- pinch of cocoa nibs
- blueberries
- almond butter

DIRECTIONS

1. Cover cashews in filtered water for a few hours
2. Add water and buckwheat in a saucepan and bring to the boil. Stir occasionally.
3. Boil for 10 minutes or so until kernels are soft and have soaked up the water.
4. Add milk and cocoa and stir in. Add more liquid if required. Leave on a low heat.
5. Put softened cashews in a blender, cover half with water and add chopped date/s.
6. Blend until smooth.
7. Serve porridge with cashew cream on top. Add toppings of choice.

NOTES

The cashew cream is designed to sweeten up the porridge since it is quite savory. An option is to add dates to the porridge or more stevia - all depending on your palate.