






BUCKWHEAT PORRIDGE

Buckwheat belongs to a group of foods commonly called pseudocereals. Pseudocereals are seeds that are consumed as cereal grains but don't grow on grasses. Other common pseudocereals include quinoa and amaranth. Despite its name, buckwheat is not related to wheat and is thus gluten-free

 5 minutes
 25 minutes
 1 portion

INGREDIENTS

- 25 grams of buckwheat
- 14.3 Tablespoon of maca Supplement Powder (14 g)
- 15 grams of seeds, chia seeds, dried
- 1/2 tsp of spices, cinnamon, ground (1 g)
- 100g grams of beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2

COOKING METHOD

- 1° OVERNIGHT PORRIDGE USING A VARIETY OF GRAINS / PSEUDOCEREALS 25g -50g per portion Hazelnut milk the sweetest, rice milk, coconut milk, almond milk, oat milk 25g of: Oats, Amaranth, Millet, Quinoa, Buckwheat. Alternate the cereal / grains to get a variety of B Vitamins, Fibre, Minerals and slow release carbohydrate. INGREDIENTS: 25g per serving of cereal / grain of choice 1tsp choice of: chia seeds [chia absorbs more fluid good for thickening], mixed seeds, sunflower seeds, pumpkin seeds etc 1 tsp choice of: MACA Powder / Cacao Powder 50-100ml unsweetened oat milk / nut milk of your choice 1-2 drops of vanilla essence / almond essence / orange essence – try out some! SERVE WITH: Natural Yogurt or Greek Style Natural Yogurt (150g = small pot / or 2-3 tbsp) Frozen berries of choice for bottom of jar Handful of berries of your choice for topping Cinnamon powder to dust Puffed buckwheat grains for layers 2 tbsp METHOD: In a saucepan add grain , powder , seeds Cook in water / milk. Bring to boil and reduce to a slow simmer for 20 - 30 mins - grain will be light and fluffy. Add more water / milk if needed. Leave to cool. Add in 1-2 drops of vanilla essence if liked to sweeten. Add frozen fruit / to the bottom of the jar. Add in the porridge and a little more milk if you feel you need. The next day, layer puffed buckwheat, natural yogurt , fresh berries, dust of cinnamon to finish TIP: Add a splash of Robinsons 'Fruit Shooter' if you are adjusting to natural yogurt!

- 2° <https://www.reveal.ie/wellness/recipes-wellness/breakfast-ideas/overnight-porridge>

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (256 g)	% DRI
ENERGY	106 kcal	270 kcal	14 %
PROTEIN	6 g	14 g	29 %
CARBOHYDRATE	26 g	67 g	26 %
SUGARS	4 g	10 g	11 %
FAT	5 g	12 g	17 %
FATTY ACIDS, TOTAL SATURATED	2 g	5 g	24 %
FIBER	4 g	9 g	37 %
SODIUM	17 mg	43 mg	2 %