



buckwheat porridge

an ENERGY breakfast helping with a weight-loss diet.

Ingredients:

- 2 cups sprouted buckwheat **
- 1 apple
- 6 dates, pitted and soaked
- 1/2 tsp vanilla essence
- 1/8 tsp cinnamon
- 1/4 cup raisins, or other berries, soaked
- 1 sliced banana

Here's How:

- In a food processor, blend the buckwheat, apple, dates, vanilla and cinnamon until smooth. (You may need to add a little water if needed, but not too much as you want this to stay thick).
- Stir in raisins or other berries, plus the banana
- Eat!

This makes plenty, and should keep in the fridge for 2-3 days.

** If you don't have a sprouter, soak the buckwheat in water for 24 hours to soften, then use.