

Cherry and Strawberry Raw Buckwheat Porridge

Serves 1



Ingredients:

1/2 cup raw buckwheat (ground)
(soaked overnight and rinsed)
1 cup milk of choice (I used homemade coconut milk)
2 tbsp coconut flakes
2 tbsp of flaxseed (ground)
1/4 tsp of cinnamon
seeds of 1/2 vanilla bean
1/2 cup cherry
1/2 cup strawberry
1 tsp raw honey or coconut nectar

*Toppings of choice

(I used strawberry, cherry, blueberry, goji berry, bee pollen and coconut flakes.)

Place all of the ingredients in a high speed blender and blend until smooth. It should be thick and creamy.

Enjoy!