



## Buckwheat Breakfast Cereal

15 servings

30 minutes

### Ingredients

2.4 liters Water  
820 grams Buckwheat Groats  
74 milliliters Coconut Oil  
100 grams Maple Syrup  
5 Apple (cubed, core removed)  
700 grams Butternut Squash  
2.4 liters Unsweetened Almond Milk  
140 grams Pumpkin Seeds (divided)  
100 grams Unsweetened Shredded Coconut (divided)

### Directions

1

In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.

2

In a separate pan over medium heat, add the coconut oil and maple syrup. Add the apples and butternut squash and cook for 15 minutes or until soft.

3

Transfer the cooked buckwheat into bowls. Add the almond milk and top with the apples, butternut squash, pumpkin seeds and unsweetened shredded coconut. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**More Flavor:** Add cinnamon to apples and butternut squash as they cook.

**Additional Toppings:** Top with berries or other nuts and seeds.