

BUCKWHEAT PORRIDGE

Wheat-free Gluten-free Dairy-free

This gluten free porridge recipe is great for breakfast and may also relieve constipation.

Ingredients for bulk mix:

- 1 1/2 cups raw buckwheat
- 1 cup linseed meal (if grinding your own grind 3/4 cup whole linseeds)
- 1/2 cup linseeds
- pinch of salt
- 1/2 cup coconut

Daily serve:

- 1/4 cup of above mixture
- 1 cup of water
- 2-3tbspn coconut milk
- 1 tsp honey

Method:

Mix together and store ingredients for bulk mix.

To make daily serve:

Place water and measured bulk mix into a small saucepan and bring to the boil.

Simmer 15-20 minutes until buckwheat is soft and of desired consistency.

Serve with coconut milk and honey.

Variation: millet meal can be substituted for buckwheat