



BUCKWHEAT COCONUT BOWL



METHOD

STOVE



TIME

15 MIN



SERVES

4 PEOPLE

INGREDIENTS

*1 cup buckwheat groats
¼ cup chia seeds
1 can full fat coconut milk
2 cups water
2 tsp vanilla extract
¼ tsp cinnamon
½ cup coconut flakes
Pinch of salt
1 ½ cup berries of choice*

DIRECTIONS

Mix buckwheat groats, chia seeds, coconut milk, water, vanilla, cinnamon and salt in a bowl.

Cover and refrigerate overnight.

In the morning, place the mixture in a saucepan and cook over medium heat until thickened and warm.

Serve topped with coconut flakes and fresh berries.