

BUCKWHEAT GROAT

EASY OVERNIGHT DESSERT

Ingredients

- 1 cup raw organic buckwheat groats (pre-soaked and rinsed)
- 4 cups macadamia, coconut, sesame, or almond milk
- 1/4 cup chia seeds
- 2 tablespoons hemp seeds
- 2 teaspoons vanilla extract
- 2 Tablespoons unsweetened shredded coconut
- 1 Tablespoon pumpkin pie spice or ground cinnamon
- 1/4 teaspoon sea salt
- ¼ tsp liquid monk fruit
- Choc Zero chocolate chips (monk fruit sweetened)
- Fresh organic fruit as desired (I love frozen cherries)
- 1 dollop of coconut yogurt if desired



Directions

Soak the buckwheat groats for 6 to 12 hours ahead of time. This helps their digestibility and activates the nutrients. I put them in a quart sized canning jar with a lid and let them soak on the kitchen counter all day or overnight.

When they are done soaking, rinse them thoroughly in a mesh strainer until the water runs clear and they no longer feel slimy.

Return them to the quart sized jars and add your nut or seed milk, hemp seeds, chia seeds, coconut shreds, monk fruit, vanilla and spices. Stir and cover with the lid and allow to sit in the fridge overnight.

In the morning stir the mixture and continue to refrigerate. When you're ready for a yummy treat spoon or pour into serving bowls. Top with berries, chocolate chips, and a dollop of coconut milk yogurt.