

## Cozy Buckwheat Porridge

*Buckwheat is very high in protein, fiber, magnesium, iron, and B-vitamins, making it a fantastic addition to any diet. You can add whatever sweeteners, fruits, or nuts that you have around to this versatile dish.*

**Makes 3-4 servings**

### **Ingredients**

- 2 cups water
- 1 cup vanilla soy, almond, rice, or coconut milk
- 1 cinnamon stick
- ¼ tsp. salt
- 1 tsp. vanilla extract
- ¼ to ½ tsp. freshly grated nutmeg
- 3 cardamom pods
- 1 cup buckwheat groats
- 1/3 cup sliced dates
- 2 tbsp. dark brown sugar
- 1 tbsp. chia seeds
- Optional toppings: raisins, dried cranberries, sliced banana, nuts, nut butter, etc.



### **Directions**

- 1) Bring the water, milk, cinnamon, salt, vanilla, nutmeg, and cardamom to a boil in a medium saucepan. (Watch it closely though—the milk tends to boil over and make a mess if you don't pay attention).
- 2) Once the milk mixture has come to a boil, add the buckwheat groats and stir. Simmer over medium-low heat, uncovered, for about 20 minutes, or until the buckwheat is tender (there will still be a little bite to it). About halfway through cooking, stir in the dates, brown sugar, and chia seeds. If the mixture becomes too dry before the buckwheat is cooked, add a little more milk.
- 3) To serve, top with sliced banana, raisins, nuts, or whatever other toppings you would like.