



## The Birkett Mills Recipes

The Birkett Mills © 2014

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### Desserts: 1-2-3 Sunshine Orange Pudding

Cream of buckwheat goes beyond breakfast cereal.

**Serves: 4-6 people**

#### Ingredients

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2 cups orange juice (preferably not from concentrate)

1 cup water

1/2 cup Pocono Organic

Cream of Buckwheat

Sugar or sweetener to taste

Fresh fruit

#### Directions

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In a heavy-bottomed saucepan, combine juice, water and buckwheat. Cook covered over low heat, stirring occasionally, for approximately 45 minutes or until buckwheat granules are tender and translucent and have absorbed most of the liquid.

Remove from heat and gradually stir in sweetener to taste (about 1/4 to 1/3 cup sugar).

Serve at room temperature or chilled with fresh fruit.