



The Birkett Mills Recipes

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Breakfast: Simple Buckwheat Porridge

Makes: 4 servings

Ingredients

2 cups water	Options to add on top
1 cup buckwheat groats	Golden mulberries or raisin or chopped dates
1/2 teaspoon salt	Handful flax seeds
2 tablespoon maple syrup	2 tablespoon chia seeds
1/2 teaspoon cinnamon	Spoonful of almond butter
1 teaspoon vanilla extract	Sliced banana
1/4 cup soy creamer or soy milk (almond or hemp will also work)	Raw pistachios
	Few sliced peaches, frozen or fresh (other fruits and nuts are welcome!)

Directions

Add the water and groats to a soup pot.

Add in the salt, cinnamon, maple syrup, vanilla. Bring to a boil, cover with lid and reduce to a simmer.

Allow groats to simmer for at least ten minutes – check the texture of the groats. They should be squishy, but not mushy or too watery.

Once the groats have cooked to a tender state with all the water absorbed, add in the soy milk or creamer and continue to simmer with the lid off.

Add in the chia seeds, flaxseeds and dried fruit – and anything else that you want to melt into the porridge. A spoonful of vegan buttery spread is also nice.

Simmer until nice and thick. Then turn off heat. I like to allow my groats to cool and thicken about ten minutes before serving.

Serve with fresh or thawed fruit, another splash of soy milk and some optional spices and nuts on top.

Special thanks to babble.com for the recipe!