

Food Babe's Blackberry Buckwheat Porridge



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	0 mins	5 mins	4

<https://foodbabe.com/blackberry-buckwheat-porridge>

Ingredients:

- 1 ½ cups buckwheat groats
- 1 cup almond milk (nut allergy: use coconut milk)
- 4 tablespoons maple syrup - grade B
- 1 teaspoon pure vanilla extract
- 1 teaspoon ground cinnamon
- ⅛ teaspoon sea salt
- 1 cup fresh blackberries

Instructions:

1. Place the groats in a glass jar and cover with water to soak overnight.
2. The next day, drain the water and place all of the ingredients in a blender and blend until smooth, adding more milk if needed to reach desired consistency.
3. Serve with fresh blackberries or fruit of choice. Enjoy!

Notes:

- Please use organic ingredients if possible.