



## Banana Buckwheat Porridge

2 servings

15 minutes

### Ingredients

- 1/2 cup Buckwheat Groats
- 1 cup Water
- 1 1/2 tsps Maple Syrup
- 1 1/2 tsps Cinnamon
- 1 cup Unsweetened Almond Milk
- 1/2 Banana (sliced)
- 2 2/3 tbsps Almonds

### Nutrition

Amount per serving	
Calories	269
Fat	8g
Carbs	45g
Fiber	8g
Sugar	7g
Protein	8g
Cholesterol	0mg
Sodium	88mg
Potassium	361mg
Vitamin A	274IU
Vitamin C	3mg
Calcium	303mg
Iron	2mg
Vitamin D	50IU
Vitamin E	3mg
Vitamin K	1µg
Thiamine	0.1mg
Riboflavin	0.4mg
Niacin	3mg
Vitamin B6	0.3mg
Folate	28µg
Vitamin B12	0µg
Phosphorous	196mg

### Directions

- 1 In a medium pot, combine the buckwheat groats and water. Bring to a gentle simmer. Cover with a lid and cook for 18 to 20 minutes or until the water is absorbed.
- 2 Add the maple syrup and cinnamon and mix until combined. Divide the buckwheat evenly between bowls. Divide the almond milk evenly between bowls and pour over top. Add bananas and almonds on top and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving equals approximately 1 cup of buckwheat.

**Nut-Free:** Use sunflower or pumpkin seeds instead.

**Additional Toppings:** Blueberries or raspberries.



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Magnesium	144mg
Zinc	2mg
Selenium	4µg