



2 servings



30 minutes

# Buckwheat Porridge



## Ingredients

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2/3 c. water  
1/4 c. buckwheat groats  
2 T. bran  
3/4 c. 1% milk  
1 medium apple  
1 tsp. brown sugar  
1 tsp. cinnamon

## Method

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1. Bring the water to a boil in a small saucepan. Add the groats and cook for 15-20 minutes. Add the bran, milk and apple and cook until the apple is soft (about 10 minutes). Add the brown sugar and cinnamon and serve. Optional: top with chopped almonds.

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### *Nutrition Facts*

*Serving Size: 1/2 recipe*  
*Calories: 178*  
*Fat: 2g*  
*Carbohydrates: 35g*  
*Protein: 7g*

