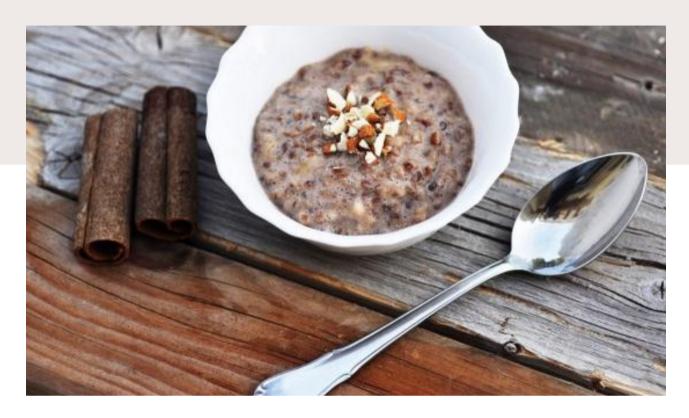
## **Buckwheat Porridge**



## **Ingredients**

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

## Nutrition Facts

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

## Method

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.

