



2 servings



30 minutes

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

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.

Nutrition Facts

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