

BUCKWHEAT FOR BREAKFAST

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Buckwheat Breakfast Cereal

1/4 tsp salt

2 1/2 cups water or milk

1/2 cup kasha

In medium saucepan stir salt into water or milk. Bring to a boil. Stir in kasha. Cook, uncovered, stirring frequently, while maintaining a gentle boil, 12 to 15 min. until desired consistency.

Serve with milk and favorite sweetener.

Tip: for added flavor add 3 Tbsp. raisins with the kasha.

Microwave directions

For 1 serving, stir 2 Tbsp. kasha and add a dash of salt into 2/3 cup of water or milk in a 2 to 3 cup bowl. Microwave, uncovered, on MEDIUM, 4 to 7 minutes, stirring occasionally until slightly thinner than desired consistency. Let stand 1 to 2 minutes. Serve with milk and favorite sweetener.

Recipe from The Birkett Mills, Pen Yann, NY, USA.

Winter Buckwheat Breakfast

1 cup sprouted or soaked buckwheat

8 soaked dates

1 apple

2 Tbsp. shredded coconut fresh cinnamon and nutmeg to taste

Put everything in a blender or food processor, or Champion juicer with blank plate.

Adjust the ingredients to your taste.

You can add bananas or other soaked dried fruit and nuts.

Three Bears Porridge

4 cups water, lightly salted

millet

buckwheat

oats

barley (instant, precooked kind)

fine bulger

sweetener to taste

rice milk to top it off

Bring the water to a boil, and add handfuls of grain slowly, starting with the slower to cook ones first. The order I have listed is the order I put them in. When the cooking water and grains are the consistency of a thick and chunky soup, stop adding grains, and turn off heat until cereal is thick. Top with rice milk, sweetener or fruit. Then, take a short walk while it cools. But remember to lock your door, or

The nature of this recipe is to play it by ear, since it varies with the moisture content of the grains, whether or not they have been toasted, and the thickness of the pan you use. Sorry it is not specific, but even the mistakes are good, and adding more grains or liquid makes the recipe adjust.

Serves: 4

My Farm Hot Breakfast Cereal

3 cups Scottish cut oats

3 cups cracked rye

1 1/2 cup oat bran

1 cup soya flakes

1/2 cup buckwheat groats

1/2 cup dried currants 1/4 cup sunflower seeds

2 Tbsp. flax

Combine all these ingredients and keep in a big jar. To prepare, use 3 parts water to one part cereal. Boil water, add cereal, reduce heat, cover and cook over very low heat for 15 to 20 minutes. It is not a quick breakfast, but it does not require much attention so you can do other things while it cooks. Stir it occasionally until to keep it from sticking.

There are many ways to prepare this porridge. Sometimes you can chop an apple into it and add a sprinkle of cinnamon. Sometimes throw a few handfuls of frozen cranberries or blueberries in while it is cooking. Adding a chopped banana after it has cooked is also pretty tasty.