



Prep	Cook	Ready in	Servings
10 min	15 min	25 min	12

## Buckwheat Breakfast Muffins

These sweet and delicious gluten-free muffins are the perfect breakfast food!

### Ingredients

1 cup	Buckwheat groats, dry (soaked)	1 dash	Salt
1/2 cup	Coconut flakes, unsweetened	2 large egg	Egg
1/4 cup	Walnuts (chopped)	1 1/2 cup	Almond milk, unsweetened
1/4 cup	Pumpkin seeds (pepitas)	1/4 cup	Almond butter
2 tbsp	Chia seeds	3 packette	Stevia sweetener, powder (powdered)
1/4 cup	Flaxseed meal (ground)	1 tbsp	Vanilla extract, pure (alcohol free)
1 tsp	Cinnamon		

### Instructions

1. In a medium bowl, soak buckwheat groats with a pinch of salt overnight or about 6 to 7 hours. Drain and rinse groats thoroughly with fresh water, drain again.
2. When you're ready to cook the muffins preheat oven to 375 degrees F (190 degrees C). Brush a 12 cup muffin tin generously with oil, such as coconut oil, set aside.
3. In a large bowl, add buckwheat groats, coconut flakes, walnuts, pumpkin seeds, chia seeds, flaxseed meal, cinnamon and salt, stir to combine.
4. In a small bowl, add eggs, almond milk, almond butter, stevia and alcohol free vanilla, whisk until frothy.
5. Pour liquid ingredients into bowl with dry ingredients, stir to combine.
6. Scoop about  $\frac{1}{3}$  cup muffin mixture into each cup of the prepared muffin tin.
7. Bake muffins for about 15 to 20 minutes or until muffins have browned around the edges and are firm to the touch.
8. Cool muffins in tin for about 10 minutes. Serve warm with coconut milk, a dusting of cinnamon and a garnish of coconut flakes, walnuts and pumpkin seeds.

## Notes:

### Quick Tips:

For a vegan version, try substituting the egg for a chia or flax egg.

Chia egg, combine 1 Tbsp ground chia with 3 Tbsp water and let sit for 5 minutes..

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### Nutritional Highlights:

#### *Buckwheat*

Buckwheat is rich in various antioxidant plant compounds, which are responsible for many of its health benefits.

Nutrition Facts	
Per Portion	
<b>Calories</b>	166
Calories from fat	87
Calories from saturated fat	15.6
<b>Total Fat</b>	9.6 g
Saturated Fat	1.7 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.6 g
Monounsaturated Fat	3.2 g
<b>Cholesterol</b>	32 mg
<b>Sodium</b>	86 mg
<b>Potassium</b>	186 mg
<b>Total Carbohydrate</b>	15.5 g
Dietary Fiber	4.3 g
Sugars	0.7 g
<b>Protein</b>	5.8 g

## Dietary servings

### Per Portion

Meat Alternative	0.6
Milk Alternative	0.1

## Energy sources

Alcohol	2%
Carbohydrates	32%
Fat	52%
Protein	14%