



Buckwheat porridge with stewed pears & cinnamon

A delicious, warm and wholesome breakfast!

Ingredients

For the porridge

1/4 cup buckwheat kernels

1 tablespoon linseeds (freshly ground)

1/2 cup milk of your choice (soy, cow, almond, coconut-almond)

1 dessertspoon almonds

1-2 medjool dates chopped (one date is my preference and sweet enough)

For the pears

2 Packham or Beurre bosc pears (skin on), cut in quarters, cored and sliced

1/2-1 teaspoon ground cinnamon (or cardamom) or 1-2 cinnamon quills

Water

⌚ Prep time: 5 minutes. ⏲️ Cooking time: 5 minutes. 👤 Serves 1
Gluten free, vegetarian (vegan and dairy free if not using cow's milk)

Method

Porridge

Combine dry ingredients in a bowl, cover with milk, stir to combine. Soak overnight in fridge to soften.

In the morning, cook in a small saucepan for 3-5 minutes over low heat until creamy, stirring regularly to avoid the mixture sticking. Add syrup from stewed pears and extra milk if needed.

Serve with the stewed pears.

Pears

Place sliced pears in saucepan with cinnamon, cover with enough water to make desired amount of syrup. Simmer on low heat, with lid on, for 3-5 minutes until pears are tender but still formed.

This quantity is enough for about four serves for the porridge, so can be made in advance, stored in fridge and added to porridge in the morning.

Nutritional information

Buckwheat kernels can be bought at health food stores or from the health food aisle in some supermarkets. They may look and seem like a grain, but are actually seeds from the buckwheat plant, and not at all related to wheat.

Buckwheat is gluten free and has a lovely nutty texture. It has a low glycaemic index (GI), which means it can help to balance your blood sugars and energy levels. As a breakfast, it can help you avoid a mid-morning energy slump.

Buckwheat is a particularly good source of plant-based protein and, combined with the almonds, linseeds and milk here, makes for a protein-rich and sustaining breakfast. It's also a good source of fibre (for healthy bowels), minerals and other nutrients and antioxidants.

The linseeds are also an excellent source of fibre, healthy fats and phytoestrogens. It's no wonder that buckwheat is receiving increasing attention as a nutritious food. So buck up your morning with this delicious, warm and wholesome breakfast!



Recipe by
Sandra Vilella
Jean Hailes
Naturopath

