



Buckwheat Milk

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Ingredients:

- ½ cup raw buckwheat groats (sprouted or toasted)
- 2 cups water
- pinch Himalayan salt
- ¼ teaspoon vanilla extract powder
- 1 Medjool date

How to:

1. Blend the sprouted or toasted buckwheat groats with 2 cups of pure water in a high-powered blender for 1-2 minutes.
2. Strain through a nut milk bag or a large piece of cheesecloth.
3. Squeeze as much of the milk as possible through the cloth.
4. Store in an airtight bottle in the fridge.

Consume within 2-3 days.

Note: Contrary to what many people think, buckwheat is not a cereal grain & it's not related to wheat either. Buckwheat is a gluten-free seed which like quinoa, contains all of the 9 essential amino acids, making it a complete protein.