



# Roasted Buckwheat Breakfast

By Spark Recipes

Cold, it crunches and pops in your mouth with a bold, nutty taste. Hot, it becomes smooth and more mellow. Either way, buckwheat (kasha) is a healthy, hearty breakfast. Cold, it crunches and pops in your mouth with a bold, nutty taste. Hot, it becomes smooth and more mellow. Either way, buckwheat (kasha) is a healthy, hearty breakfast.

Minutes to Prepare: 5

Minutes to Cook: 10

Number of Servings: 4

## Ingredients

1 cup roasted buckwheat or kasha, rinsed  
2 tablespoons sliced almonds  
2 tablespoons flax seeds, ground  
1 teaspoon [cinnamon](#)  
1/4 teaspoon nutmeg  
4 dates, pit removed and sliced (you can use scissors, too)

2 cups skim milk  
2 cups blueberries--or any fruit

## Directions

Preheat the oven to 300 degrees Fahrenheit.

Spread the rinsed buckwheat and almonds on a sheet pan. Toast the almonds while drying out the buckwheat until almonds are light in color, about 5 minutes.

Transfer the almonds and buckwheat to a large mixing bowl. Stir in the flax meal and spices. Add the dates and toss the mixture well. The dates will stick to the mixture, which ensures they won't clump together. Store in closed container for up to 3 weeks.

To prepare cold:

Combine 1/2 [cup](#) buckwheat mixture with 1/2 cup cold skim milk. Add 1/2 cup blueberries and eat!

To prepare hot:

Combine 1/2 cup buckwheat mixture with 1/2 cup water and 1/2 cup skim milk in a small saucepan. Bring to a simmer and cook for 10 minutes. Serve with 1/2 cup blueberries.

Serving Size: Makes 4 servings, 1/2 cup granola each serving, 1/2 cup milk and 1/4 cup blueberries

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