



Buckwheat Porridge Peanutbutter-Jelly (gluten free)

🕒 Preparation time: 15 minutes

👤 Portions: 2

🕒 Cooking time: 0 minutes

Total time: 15 minutes

Ingredients (serves 2)

- 180 g (6.34 oz/ 1.06 cups) buckwheat
- 2-3 slices of lemon
- 50 g desiccated coconut
- 1 pinch of salt
- 1-2 tbsp. date syrup
- 2 pitted Medjoul dates
- 3 tbsp. coarse linseeds/flax seeds
- 1 tbsp. pure peanut butter/peanut paste +some more for drizzling
- 100 g (3.52 oz) frozen raspberries
- Optional: some peanuts for garnish

Instructions (Soaking the buckwheat overnight + 15-20 minutes preparation)

1. Rinse buckwheat and leave to soak overnight (but at least 5-6 hours) in clear water. At the same time put 2-3 slices of lemon into the water. Rinse buckwheat again with clear water after soaking time. (Good to know: The buckwheat does not need to be cooled during soaking. Just cover it with a kitchen towel and leave the bowl on the work surface of your kitchen).
2. Roast desiccated coconut briefly in a pan without fat until it start smelling nicely and puts on some light golden color. Put the roasted coconut aside for later use.
3. Blend the soaked buckwheat with a pinch of salt, 1 tbsp. of date syrup and 2 pitted Medjoul dates in a mixer. Then stir in 3 tbsp. ground linseeds/flaxseeds and 1 tbsp. peanut paste.
4. Heat frozen raspberries in a pot. Sweeten the warmed raspberries with 1 tbsp. date syrup.
5. Divide the buckwheat porridge into two bowls, swirl under 2/3 of the roasted coconut flakes. Add the remaining coconut flakes and the raspberry puree, sprinkle the buckwheat smoothie bowl with peanut butter and serve garnished with peanuts as desired.