



# Buckwheat And Vanilla Porridge

## Ingredients

- 1 cup raw buckwheat
- 2 cups whole cream milk
- ½ teaspoon ground cinnamon
- 2 star anise
- 1 teaspoon vanilla bean paste
- ½ teaspoon sea salt flakes



## Method

1. Place the raw buckwheat in a bowl, fill with enough water to cover the buckwheat by an inch or so and leave to soak for at least 8 hours or overnight.
2. Drain the buckwheat and place in a medium saucepan along with 1 cup of the milk, the cinnamon, star anise, vanilla bean paste and salt. Stir over a medium-high heat until most of the liquid has been absorbed, making sure not all the liquid has evaporated.
3. Add the extra cup of milk and stir again until it is lovely and creamy.
4. To serve divide the porridge in bowls and add whatever toppings you like. A few suggestions are – almond butter, banana and maple syrup OR strawberries, cacao nibs and coconut syrup OR stewed apples and pecans.of the saucepan.