

Blueberry Buckwheat Parfait

2 SERVINGS 25 MINUTES



INGREDIENTS

1 cup Water
1/2 cup Buckwheat Groats
1 tbsp Maple Syrup
1 cup Unsweetened Coconut Yogurt
1/2 cup Blueberries
1 tbsp Hemp Seeds

DIRECTIONS

- 01 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 02 Divide the buckwheat between containers or bowls. Top with maple syrup, coconut yogurt, blueberries and hemp seeds. Serve and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	272	Carbs	49g
Fat	7g	Protein	7g