

Butternut Squash Buckwheat Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Water
1 cup Buckwheat Groats
2 tbsps Extra Virgin Olive Oil
1 cup Butternut Squash (chopped into small cubes)
1/2 cup Mushrooms (sliced)
1 cup Kale Leaves (chopped)
1 tsp Sea Salt
1 tsp Dried Basil

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 Heat the oil in a separate pan over medium heat. Add in the butternut squash, mushrooms, kale, sea salt and basil. Cook, stirring frequently, for 15 minutes or until cooked through.
- 03 Transfer the cooked buckwheat into bowls. Top with the kale mixture and enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
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| Calories | 444 | Carbs | 71g |
| Fat | 16g | Protein | 11g |