

Chia Seed Buckwheat Bowl

4 SERVINGS 25 MINUTES



INGREDIENTS

2 cups Water
1 cup Buckwheat Groats
2 tbsps Chia Seeds
1/3 cup Pumpkin Seeds
1 cup Blueberries
1 cup Cherries (sliced)

DIRECTIONS

- 01 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat and chia seeds. Mix together and cook for 15 to 20 minutes or until the water is absorbed.
- 02 Divide the buckwheat mixture evenly between bowls. Top with the pumpkin seeds, blueberries and cherries. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	267	Carbs	46g
Fat	8g	Protein	9g