



Flourishing Kitchen

## Raspberry Pear & Buckwheat Smoothie

Raw. Vegan. Gluten-free.

Prep Time: 5 mins | Soak Time: overnight. | Serves: 1

### Recipe Ingredients:

1 cup raspberries  
1 pear  
¼ cup buckwheat groats (pre-soaked & rinsed)  
2 tbsp chia seeds  
1 cup of water

### Toppings

A few raspberries  
Sprinkle of buckwheat groats



### You Will Need:

High speed blender  
1 serving glass

### Recipe Directions

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1. Place the ingredients into your blender and blend until smooth.
2. Pour your smoothie into a tall glass then serve. Top with a sprinkle of buckwheat groats and a couple of raspberries (optional).

### Recipe Notes

**Raspberries:** For an ice cold smoothie swap the fresh raspberries for frozen. It often works out more affordable this way too. You could swap the raspberries for any other berry of your choice.

**Chia seeds:** Swap chia seeds for flax seeds or shelled hemp seeds instead.

**Buckwheat groats:** I like to soak the buckwheat overnight to soften them before using in smoothies. If you prefer, then use rolled oats (not raw) which make a great alternative to buckwheat in this recipe.