



Flourishing Kitchen

## Raw Buckwheat Breakfast Muesli with Apple & Raspberries

Raw. Vegan. Gluten-free.

Prep Time: 10 mins | Soak Time: overnight. | Serves: 1

### Recipe Ingredients:

- 1 apple
- 1 handful fresh or frozen raspberries
- 3 tbsp buckwheat groats (pre soaked overnight, rinsed & drained)
- 1 tbsp pumpkin seeds
- 1 tbsp sunflower seeds
- 1 tbsp flax seeds
- 1 tbsp sultanas
- ½ tsp powdered cinnamon



### You Will Need:

- Paring knife
- Bowl

### Recipe Directions

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1. Place the soaked buckwheat, the seeds and sultanas into a bowl.
2. Dice the apple and discard the apple core. Add the apple and raspberries to the bowl and top with a sprinkle of powdered cinnamon.
3. Serve topped with plant milk of your choice.