

Apple-Scented Breakfast Oatmeal and Buckwheat

Top this nutritious, hearty breakfast with fresh berries, dried fruit and nuts or flax seeds and then pour a bit of vanilla rice milk or unsweetened vanilla almond milk over the top.

Serves 4

Ingredients:

1 cup rolled oats
1/2 cup buckwheat groats
2 cups unsweetened apple juice
2 cups water
1 cinnamon stick
Pinch of sea salt

Directions:

Put oats and groats into a medium pot and cook over medium heat, stirring often, until toasted and fragrant, 5 to 7 minutes. Meanwhile, put juice, water and cinnamon into a small pot and heat over medium heat until hot.

Carefully add hot juice mixture to oats and groats and return to the heat. Add salt, bring to a boil and then reduce heat to medium low and simmer, stirring occasionally, until liquid is absorbed and oats and groats are tender, about 10 minutes. Remove and discard cinnamon and then ladle into bowls and serve.

