



Blueberry Buckwheat Parfait

2 servings

25 minutes

Ingredients

- 1 cup Water
- 1/2 cup Buckwheat Groats
- 1 tbsp Maple Syrup
- 1 cup Unsweetened Coconut Yogurt
- 1/2 cup Blueberries
- 1 tbsp Hemp Seeds

Directions

- 1 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.
- 2 Divide the buckwheat between containers or bowls. Top with maple syrup, coconut yogurt, blueberries and hemp seeds. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add cinnamon.

Additional Toppings: Top with bananas or other berries.

No Coconut Yogurt: Use Greek, plain, or cashew yogurt instead.