

# Cream Of Buckwheat With Fruit

Earth island vegan cheese is great for grilled cheese. It melts and tastes closest to cheddar. But any vegan cheese of choice will do.

## Categories

Gluten-free

Yields: 2 servings

Preparation time: 300 mins

Cooking time: 900 mins

Category: Breakfast

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



## Ingredients

Pocono, cream of buckwheat, 100% organic cereal	4 x 0.25 cup
Chia seeds	1 gram
Cinnamon, ground	1 teaspoon
Strawberries, fresh	1 cup
Banana, fresh	1 medium - 7" to 7 7/8" long
Blueberries, fresh	1 cup
Maple syrup	2 tablespoon
Coconut, dried, shredded or flaked, unsweetened	2 tablespoon
Pocono, cream of buckwheat, 100% organic cereal	4 x 0.25 cup
Chia seeds	1 gram
Cinnamon, ground	1 teaspoon
Strawberries, fresh	1 cup

## Instructions

- 1) Use the package directions to make as many servings as you would like with the cream of buckwheat.
- 2) Add the maple syrup, cinnamon, and chia seeds into the pot of cream of buckwheat.
- 3) Follow package directions for cooking.
- 4) When the cream of buckwheat is cooked, place it into bowls and add the a) sliced strawberries, b) sliced banana, c) blueberries, d) top with shredded coconut.
- 5) Enjoy!

Addendum: You may use peaches, nectarines, blackberries, raspberries, apples, dragon fruit, or any fruit that makes your heart sing. I, also, add a dash of Tumeric in it for its anti-inflammatory properties.