



Organic farmer Sissy suggests: Apple-Nut Dream with Buckwheat.

Preparation: 25 minutes

Difficulty: Easy

Ingredients (for 4 servings)

- 250 g whole buckwheat
- 700 g water
- 2 small apples Gala, approximately 330 g when diced
- 60 g hazelnut butter
- 1 handful of roasted hazelnuts
- 1 teaspoon bourbon vanilla
- 50 g date syrup
- 1 teaspoon Ceylon cinnamon
- Maple syrup or honey

Preparation

Cut the apples into small cubes. Rinse the buckwheat in a sieve. Drain and bring to a boil with the water. Keep the lid closed. Once boiling, reduce the heat to medium-low, keep the lid on, and stir occasionally. After 3-4 minutes, add the apple cubes, stir, and close the lid again. Let simmer for another 13 minutes.

In the meantime, chop the hazelnuts. If you don't have roasted hazelnuts, you can use regular hazelnuts. Or you can roast them yourself by heating them in a pan (without oil, on medium heat, turning occasionally until fragrant). Roasted



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hazelnuts taste wonderful and add that extra touch.

Once the buckwheat is tender, mix in the remaining ingredients - except for the maple syrup and hazelnuts. Serve warm and top with maple syrup and chopped hazelnuts.

For the nut brittle: Roughly chop the hazelnuts. Heat the coconut oil and maple syrup in a pan and stir in the nuts. Be careful not to let the mixture burn. Let caramelize for about 1 minute and then remove from the heat. Serve with a smile!

Sissy's suggestion

If you want to eat this for breakfast, I recommend preparing it the night before - unless you have plenty of time in the morning - so you can just reheat it for breakfast. For small children: fill the porridge in blended or whole form - depending on their age - into small jars. This is super convenient for taking it with you.