

Sweet Buckwheat

Ingredients:

- buckwheat
- salt
- pears
- ground cinnamon
- honey
- lemon juice
- fruit (raspberries, blackberries, nectarine)
- fresh mint



Directions:

Rinse and cook buckwheat in water in the ratio 1:1.5 for 15 – 20 minutes. Add grated pear, cinnamon, honey, lemon juice and fruit into the boiled buckwheat. Mix properly and garnish with fresh mint.