

# Buckwheat Overnight "Oats"

1 serving

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## Ingredients

50g of buckwheat  
2 eggs  
1 egg white  
30g Banana  
40g Blueberries  
20g Blackberries  
15g heavy cream  
5g Honey  
6g Live Momentous Vanilla Protein  
Cinnamon  
Sea Salt

## Instructions

1. Add the buckwheat to a large pot with some water.
2. Mash the banana and mix it into the buckwheat as it continues to cook.
3. Once the buckwheat starts to get stiffer (almost done cooking), add the eggs and egg whites.
4. Lower the heat slightly and keep stirring. When you start seeing white in the mixture, which is from the eggs cooking, let it cook for another minute or two, then remove from heat.
5. Mash the blueberries and blackberries and add them to the buckwheat mixture. Throw the protein powder, cinnamon, and sea salt in there as well and mix.
6. Add to a Tupperware bowl with lid and place in the fridge over night. \*You can skip this step if you prefer it warm and want to eat it right away. I mix it up depending on my mood.
7. When ready to eat, top with heavy cream and honey. Enjoy! :)

## Macros

**25g Protein - 15g Fat - 60g Carbs**