

Gut-healing GF Porridge with Berries & Vanilla Cashew Cream

You won't want the bowl to ever end...

Serves 2



This dish is Plant-based, Gluten-free, Sugar-free (refined), Wheat-free & Dairy-free

What You'll Need:

- Raw organic buckwheat 1 cup
- Your choice of alternative milk 500ml/water

- Vanilla extract/Paste or powder 1/2 tsp
- Raw cashews 500g
- Coconut milk 1/4 cup
- Organic Stevia powder or 1 tbsp raw honey/maple or rice malt syrup
- Mixed Organic berries large handful
- 1 scoop [Perfect Hydrolyzed Collagen](#) Powder

What to Do:

1. Soak your cashews and buckwheat overnight (in separate bowls)
2. Rinse the soaked buckwheat until the water runs clear and then get your chosen liquid simmering.
3. Add the buckwheat to the simmering pot and give the occasional stir.
4. Drain your cashews and rinse well then pop them into a high quality blender with the coconut milk, a few pinches of the stevia powder and 1/4 tsp of the vanilla and whizz until super smooth!
5. Add the remaining vanilla to the porridge and continue to stir every now and then...
6. You might need to add more milk every now and then or water if you prefer?
7. In a separate pot gently heat up your berries and a tiny bit of water to make the berry drizzle.
8. You can tell the porridge is ready when it's softened and starts to resemble porridge. I think it takes me about 12 minutes of stirring?
9. Once cooked, add in the collagen and stir really well until it all dissolves
10. Serve the porridge in two bowls and top with the berries and cashew cream.

I'm seriously *CRAZY* about this and could eat it any time of the day. I hope you dig it's chewy texture as much as we do :)