

Buckwheat Crispies with Banana Almond Pudding & Nectarines



My Buckwheaties dish is the perfect fall breakfast or snack. This recipe was inspired by the beautiful organic nectarines I found at the market. I love letting the food inspire me as opposed to starting with an idea and trying to find fresh ingredients to use. The organic intuitive approach allows for the best tasting dishes you might ever create!

Buckweat Crispies

Soak your buckwheat in water over night. Rinse and drain. Dehydrate at 110 until dry and crispy. For sprouted buckwheat, rinse twice a day for 2 days before dehydrating.

Pudding

- 1 banana
- 1 1/2 tablespoons raw organic almond butter
- 1- 3 tablespoons of water (use as much or as little as you like, depending on how thick you want your pudding to be)
- 1/4 teaspoon cinnamon
- pinch of vanilla bean powder (use vanilla extract if you don't have the powder)
- pinch of salt

Pit and dice your organic fresh nectarines.

Pour your pudding into your bowl. Add the nectarines and sprinkle with as many buckwheat crispies as you would like. Sprinkle with a bit more cinnamon, curl up with your fuzzy slippers and enjoy!