

Buckwheaties

Yield: varies

Ingredients:

Raw Buckwheat groats
Rinsing and soaking water

Directions:

Rinse the buckwheat groats and place them in a bowl for soaking overnight. After 6-8 hours of soaking, rinse them several times. Rinse, rinse, rinse. This helps remove the gelatinous mixture that forms when soaking and the bitter taste for your Buckwheaties.

Let them drain in a colander or nut milk bag for 8-24 hours to sprout (depends on your environment; cold, warm, hot etc.) rinsing 2-3 times a day.

Place the sprouted groats on trays and dehydrate 6-10 hours until completely crispy. Store in a glass to air tight container in the pantry for several weeks.

The Buckwheaties are great to have around for toppings for breakfast cereal, desserts or salads.