

## Buckwheat Breakfast

100 g ソバの実

2 Servings

### Ingredients

- 100 g ソバの実 (buckwheat groats)
- 300 ml water
- 20 g chopped walnuts
- 10 g chia seeds
- 15 g raisins (optional)
- 1 tsp brown sugar
- 300 ml unsweetened soy milk (150 ml per serving)

### Instructions

1. Rinse groats thoroughly.
2. (Optional) Dry-toast 2–3 minutes until nutty.
3. Add water; bring to boil.
4. Reduce to gentle simmer; cook 12–15 minutes., lid slightly ajar
5. Rest covered 5 minutes.
6. Divide into two bowls.
7. Add soy milk, walnuts, chia, raisins, and brown sugar.

### Nutrition (Per Serving)

Kcal: 355 | Protein: 15 g | Fat: 13 g | Sat. Fat: -- g | Carbs: 49 g | Sugars: 9 g |  
Fiber: 8g | Sodium: 304 mg | Omega-3: -- g

### Nutrition (Total Batch)

Kcal: 709 | Protein: 29 g | Fat: 26 g | Sat. Fat: -- g | Carbs: 99g | Sugars: 19 g |  
Fiber: 16 g | Sodium: 607 mg | Omega-3: -- g

✓ To reliably hit **20 g protein per serving**, **add ONE** of the following per serving:

- +60 g nonfat **Greek yogurt** OR
- +1 **onsen tamago** OR
- +10 g **hemp seeds**

