



Morning Hot Cereal Cream

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique

PORTIONS : 1

PREPARATION: 5 MINUTES

COOKING: 5 MINUTES

INGREDIENTS

- 15 ml (1 tbsp) buckwheat
- 30 ml (2 tbsp) millet
- 125 ml (1/2 cup) water
- 125 ml (1/2 cup) plant-based milk substitute
- 3 dates, chopped

PREPARATION

1. Finely grind buckwheat and millet in a coffee grinder.
2. In a small saucepan, whisk together all ingredients until smooth.
3. Cook over medium heat, whisking continuously to prevent the cream from sticking to the bottom of the pan.
4. Bring the cream to a boil and continue cooking for about a minute, until thickened.
5. Pour the cream into a bowl and add plant-based milk substitute, to taste, to obtain the desired texture.



This cream of morning hot cereal is a different and nutritious way to start the day on the right foot.

TIP

* Add protein to your cereal cream! Hemp seeds, nuts, sunflower seeds or pumpkin seeds will complete this perfectly wholesome breakfast!

VARIATION

* This cream can be infinitely varied!! Buckwheat and millet can be replaced with gluten-free cereals of your choice: brown rice, quinoa or amaranth. Dates can be substituted by other dried fruits: prunes, apricots, figs, grapes etc. And why not add a hint of spice (i.e. cinnamon, nutmeg) to perfume the whole thing on occasion?

NUTRITION FACTS

Per portion 230 Calories

Fat: 4 g	6 %
Saturated 0,5 g	
Trans 0 g	3 %
Polyunsaturated: 2 g	
Omega-6: 0 g	
Omega-3: 0 g	
Monounsaturated: 0,9 g	
Cholesterol: 0 mg	
Sodium: 50 mg	2 %
Carbohydrate: 42 g	14 %
Fibres: 4 g	16 %
Sugars: 7 g	
Protéines: 9 g	
Vitamin A	6 %
Vitamin C	0 %
Calcium	15 %
Iron	15 %
Copper	25 %

Magnesium	40 %
Manganese	35 %