

## BREAKFAST

# Morning Kasha

## INGREDIENTS

- 1 cup cooked kasha
- 1 apple, diced
- 2 tbsps almond or cashew butter
- 2 tbsps water (use more if needed)
- 1 tsp cinnamon
- Dairy or non-dairy milk
- Maple syrup

## DIRECTIONS

1. Place cooked kasha in a steamer over boiling water and steam until warm
2. Combine warm kasha and apple in a breakfast bowl.
3. In a separate bowl, mix nut butter with 2 tablespoons of water.
4. Blend with fork until the consistency becomes creamy and add a bit more water as needed (mixture should not be too runny).
5. Pour nut sauce over kasha and apples and mix well.
6. Sprinkle with cinnamon and drizzle with maple syrup.
7. Add a splash of the milk of your choice.



## TIME AND YIELD

2 - 7 minutes

serves 4

## TIP

This recipe is best made when you have leftover cooked kasha.