



BUCKWHEAT MILK

Preparation time: 25 min. / Soaking time: 2 hrs. / Total time: 2 hrs. 25 min.

100 g buckwheat
water for soaking

1 liter water

2 Medjool dates (or 4 smaller
dates), pitted

2 pinches of salt

Roast the buckwheat in a pan without any oil or butter for about 5 min. until it smells nutty. Let cool, then soak in plenty of water for at least 2 hrs. Drain and rinse the buckwheat, then put in a blender with the water (1 liter), dates, and salt. Blend until smooth. Line a sieve with a clean cheesecloth and pour the blended mixture through the sieve and into a bowl. Squeeze out the cheesecloth thoroughly. Pour the buckwheat milk into a bottle.

Tip: The buckwheat pulp remaining in the sieve can be used for vegetable patties, porridge, or bread.