

The

RAW Food

Revolution

30 Days to a Raw Food Life Style

Menu Guide

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Buckwheat and Tropical Fruit Breakfast

Ingredients

1 Cup of Buckwheat soaked overnight, rinsed and then oven or dehydrator

dried for approx. 1hr or until the buckwheat becomes crispy and crunchy

¼ chopped Fresh Pineapple

Handful chopped Walnuts

Generous pour of cashew/almond milk

Handful of pureed berries

2 tbsp's Rice Syrup/Agave or Maple Syrup



Instructions

Spoon the chopped pineapple into a bowl and heap 3-4 tbsps of 'Cracked Buckwheat' over it.

Pour on the milk followed by the puree and finally the syrup. Enjoy!!