



Caren Laboy
Health Coaching & Nutrition

Morning Kasha

Prep Time: 5 minutes

Yields: 1 serving

Ingredients:

1 cup cooked kasha
1 apple, diced
2 tablespoons almond or
cashew butter
1 teaspoon cinnamon
maple syrup to taste



Directions:

1. Combine warm kasha and apple in a breakfast bowl.
2. In a separate bowl mix nut butter with 2 tablespoons of water.
3. Blend with fork until creamy like a sauce. If needed, add a bit more water, but mixture should not be too runny.
4. Pour over kasha and apples, sprinkle with cinnamon and drizzle with maple syrup.

Variations:

Make kasha the night before for a dinner dish and remove some to use for breakfast the next day. Kasha keeps well with a splash of olive oil in the refrigerator for 3-4 days.