



# Recipes

## Breakfast

### Morning Kasha

*Prep Time: 5 minutes*

*Cooking Time: 2 minutes*

*Yield: 1 serving*

**Ingredients:**

1 cup cooked kasha  
1 apple, diced  
2 tablespoons almond or cashew butter  
2 tablespoons water (use more if needed)  
1 teaspoon cinnamon  
Maple syrup

**Directions:**

1. Place kasha in a steamer over boiling water. 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 creamy like a sauce. If needed add a bit more water. Mixture should not be too runny.
5. Pour peanut sauce over kasha and apples and mix well.
6. Sprinkle with cinnamon and drizzle with maple syrup.

**Variation:**

Make kasha for dinner instead and use the leftovers for breakfast.

**Note:**

Kasha keeps well with a splash of olive oil in the fridge for 3-4 days.