

## Raw Berry Buckwheat Smoothie

*I've looked through hundreds of smoothie recipes and I haven't found one yet that uses raw buckwheat groats. It may sound a bit funny... but believe me, this smoothie is awesome! The soaked buckwheat and nuts give this smoothie richness, and the dates and frozen fruit make it sweet and delicious. I have this smoothie almost every day for breakfast – and I can't wait to have another one tomorrow!*

### **ABOUT 6 CUPS (2-3 servings)**

- ½ cup raw buckwheat groats
- ⅓ cup raw walnuts (or other nuts)
  
- 4 medjool dates (pitted)
- 1 cup water
  
- 2 frozen bananas (chopped)
- 1 ½ cups water
- 1 cup frozen strawberries (or other frozen fruit)
- ½ cup frozen blueberries (or other frozen fruit)

1. In a bowl or jar, combine the buckwheat and nuts and cover with water. Soak overnight or for 4-8 hours. (This water will be discarded.)
2. In a separate bowl or jar, soak the dates in 1 cup of water overnight or for 4-8 hours. If you've got a heavy duty blender, you can skip soaking the dates.
3. Drain and thoroughly rinse the buckwheat and nuts. Place in the blender.
4. Add the dates and date water to the blender. Blend thoroughly.
5. Add the remaining four ingredients and blend until smooth. Add additional water, if needed, for smoother consistency.