

Buckwheat Groat Porridge Recipes Stove-top, Crockpot, Instant Pot
Vegetarian, Gluten Free, Ayurvedic Inspired Recipe
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Buckwheat Groat Porridge, Stop-Top Cooking Method

1 -2 servings

Ingredients:

½ cup buckwheat groats

1 ½ cup water

¼ tsp ghee

¼ tsp each: ground cinnamon, ground cardamon,
ground ginger

Pinch of Himalayan Sea salt

¼ tsp pure vanilla extract (optional)



Toppings:

Ground cinnamon, honey, maple syrup, cooked apples, berries, raisins, sunflower seeds, pepitas, toasted coconut flakes, plant based milk or cow's milk

Preparations:

- Add buckwheat groats and water to a small pot, then add ghee, spices and Himalayan Sea salt. Bring to a boil and reduce to a simmer. Cover pot with a lid and put heat on low. Simmer 10 -15 minutes, until groats are soft.
- Fluff with a fork and serve. Add toppings of your choice.
- See Doshic Variations on pages 4 - 5

Buckwheat Groat Porridge in the Crockpot

4 servings

5 c water

1 1/2 c buckwheat groats

1 tsp ghee

1 Tbsp ground cinnamon

1 tsp ground ginger

1 tsp cardamom

¼ tsp Himalayan Sea Salt

1 tsp pure vanilla extract (optional)

3 apples, cored and diced (optional)

1/2 c raisins (optional)

Toppings:

Ground cinnamon, honey, maple syrup, cooked apples, berries, raisins, sunflower seeds, pepitas, toasted coconut flakes, plant based milk or cow's milk

Preparation:

- Lightly coat your crock pot with ghee or coconut oil
- Place all ingredients in crock pot, and stir.
- Cook on low for 7 hours or overnight
- Serve add toppings and enjoy!
- See Doshic Variations on pages 4 - 5



Buckwheat Groat Porridge in the Instant Pot

4 servings

Ingredients:

1 cup buckwheat groats

2 cups water

1 tsp ghee

1 Tbsp ground cinnamon

1 tsp ground ginger

1 tsp cardamom

¼ tsp Himalayan Sea Salt

Toppings:

Ground cinnamon, honey, maple syrup, cooked apples, berries, raisins, sunflower seeds, pepitas, toasted coconut flakes, plant based milk or cow's milk

Preparation:

- Combine all ingredients in the Instant Pot
- Cook on high-pressure for 5 minutes for soft porridge (2 for drier porridge)
- Let the pressure release naturally (about 20 minutes)
- Fluff gently with a fork
- Transfer it from the hot Instant Pot immediately, into a large bowl where it can cool
- Serve, add toppings of your choice, and enjoy!
- See Doshic Variations on pages 4 - 5



Ayurvedic information for Buckwheat

Buckwheat, (Sanskrit: Kuttu, *Fagopyrum esculentum*) is an ancient grain consumed in Asia for centuries. Buckwheat is not a form of wheat but a fruit seed related to rhubarb and sorrel. It is a nice option for people who are sensitive to grains and gluten.

Ayurvedic Energetics:

Rasa: Astringent (Kashaya), Sweet (Madhura) , Pungent (Katu)

Virya: Heating (Ushna)

Vipaka: Sweet (Madhura)

Qualities: Heavy (Guru)

Balances Vata and Kapha doshas, increases Pitta dosha in excess

May be slightly Rajasic in the mind in excess

Beneficial in balancing kapha dosha, drying up mucus in respiratory tract, balancing high blood sugar, increased weight gain, cardiovascular disease, low Agni (digestive fire).

Buckwheat is gluten free, high in fiber- ½ cup uncooked buckwheat has around 9 grams of fiber, high in antioxidants, magnesium, iron and protein-1/2 cup uncooked buckwheat has around 10 grams of protein.

Doshic Variations:

Vata:

To balance the light nature of the buckwheat, Vata types may need

- Blend 1/2 cup of steel cut oats with 1/2 cup of buckwheat (instead of the full cup of buckwheat alone).
- Use extra ghee

Pitta:

- Use maple syrup as sweetener
- Add coconut milk
- Decrease ginger



Kapha:

- Reduce or omit heavier toppings such as raisins, shredded coconut , seeds, and use hot water in place of milks.
- Add extra ginger

References:

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<https://www.healthline.com/nutrition/foods/buckwheat#vitamins-and-minerals>

