



Makes 4 bowls
Preparation Time: 20 minutes

INGREDIENTS:

1½ cups buckwheat groats
(kasha)

1 16-oz. bag frozen cherries

4 tablespoons hulled hemp
seeds (hemp hearts)

I-Heart Cherries Breakfast Bowls with Cherry Compote

A sweet and nourishing breakfast is as easy as 1-2-3 with this simple recipe. Kasha, or toasted buckwheat groats, have a texture that's similar to risotto with a more pronounced flavor. Here, it's paired with a warm cherry compote and nutty hemp hearts.

Note: Hemp hearts are naturally gluten-free, but cross-contamination can be an issue.

By Mary Margaret Chappell

- 1 Cook kasha according to package directions.
- 2 Meanwhile, add cherries and ½ cup water to a medium saucepan. Simmer 6 to 8 minutes, or until cherries are softened.
- 3 Spoon groats into bowls. Top each serving with ⅓ cup cherry compote, and sprinkle with 1 tablespoon hulled hemp seeds.