



Simple | Healthy | Delicious

Buckwheat Groats

INGREDIENTS

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| 1 cup buckwheat (whole) |
| 1 egg, slightly beaten |
| 1 tbsp. melted butter |
| 1 tsp. salt |
| 2 c. cold chicken broth (or water) |



DIRECTIONS:

1. Combine buckwheat with slightly beaten egg and butter in saucepan. Add salt and chicken broth (or water). Cover and simmer 15 minutes. Stir several times. Cover and bake in 350 degree oven for 10 minutes or uncover and finish cooking on the stove top.