

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Buckwheat Millet Morning Cereal



Soak the following overnight:

- 1 1/2 cups millet
- 2 cups buckwheat
- 1 cup coarsely chopped hazelnuts

Additional ingredients:

- 1 cup raisins
- 3 Tablespoons honey
- 1 teaspoon cinnamon

After soaking, use a rolling pin to flatten the millet, buckwheat and hazelnuts. Transfer into a bowl and add the rest of the ingredients. Mix thoroughly.

Spread the mixture evenly onto a dehydrator sheet. It is important to avoid spreading the mixture too thick or too thin. Set the dehydrator for 100 degrees and dehydrate until the center is completely dry, which will take 10-12 hours.

Serve with nut milk.