



Pea & Basil Buckwheat Risotto

4 servings

20 minutes

Ingredients

2 2/3 cups Buckwheat Groats (soaked overnight, drained & rinsed)
 6 cups Organic Vegetable Broth (divided)
 4 cups Fresh Peas (or frozen, divided)
 4 cups Basil Leaves (stems removed)
 1/4 cup Nutritional Yeast
 1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	516
Fat	4g
Saturated	1g
Carbs	104g
Sugar	10g
Protein	24g
Cholesterol	0mg
Sodium	1599mg

Directions

- 1 In a pot, combine the buckwheat groats with 2/3 of the vegetable broth. Bring to a simmer and cover with a lid until soft, about 18 to 20 minutes.
- 2 Meanwhile, combine the remaining broth, half the peas, basil leaves, nutritional yeast and sea salt in a high-speed blender. Blend until smooth, scraping down the sides as needed.
- 3 When the buckwheat is cooked, stir in the remaining peas and blender mixture. Divide into bowls or containers. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days.

Serving Size, One serving is equal to approximately 1 3/4 cup.

More Flavor, Add a splash of apple cider vinegar and/or your desired herbs and spices.

Additional Toppings, Top with additional basil leaves