

Overnight Chia and Buckwheat Pudding (Low FODMAP)



This recipe is perfect for taking as a snack and tastes great when eaten cold. This blueberry dessert or breakfast is ideal for blueberry enthusiasts.

Preparation 5 min
Cooking 12 min
Servings 2
Nutrition Facts (per serving)
Calories 390
Fat 23
Carbohydrates 47
Fibre 17
Protein 15
Sodium 165

Ingredients

- 60 ml (1/4 cup) rinsed and drained buckwheat
- 1 L (4 cups) water
- 250 ml (1 cup) frozen blueberries
- 60 ml (1/4 cup) chia seeds
- 250 ml (1 cup) almond drink
- 45 ml (3 tbsp) crunchy peanut butter

- 15 ml (1 tbsp) maple syrup
- 5 ml (1 tsp) vanilla

Topping (optional)

- Lactose-free yogurt
- Fresh blueberries
- Cashews, chopped

Note: Feel free to flavour the recipe with whatever you have on hand, orange zest, cinnamon, caramel essence, etc. You can substitute other fresh or frozen berries for the frozen blueberries.

Preparation

1. Bring a pot of water to a boil, then add buckwheat. Reduce heat to simmer uncovered for 12 minutes. Drain buckwheat and let cool.
2. Meanwhile, in a saucepan heated over medium-high heat, thaw the blueberries and gently squeeze out their juice with a wooden spoon. Cook for about 5 minutes, stirring occasionally. Remove from heat and let cool.
3. In a medium bowl, mix the cooked buckwheat with the chia seeds, almond beverage, crunchy peanut butter, maple syrup and vanilla.
4. Divide half of the cooked blueberries in the bottom of two Mason jars. Add half of the buckwheat-chia mixture, then the remaining blueberries and finish with the remaining buckwheat-chia mixture.
5. Put the lids on and let rest in the refrigerator overnight (8 to 12 hours).
6. The next morning, enjoy as is or add toppings of your choice.

Notes

Can be kept for 5 days in the refrigerator or 3 months in the freezer in an airtight bag.



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