

THE

RAW

PIRATE

GOURMET

CINNAMON/APPLE BUCKWHEAT GROAT CEREAL

- 3 cups soaked and sprouted buckwheat groats**
- 1 cup soaked and sprouted sunflower seeds**
- 1/2 teaspoon grated cinnamon or ground cinnamon**
- 1 finely chopped apple**
- 3 T agave nectar**
- 1/2 cup of organic raisins**
- 1/4 cup of organic blueberries, strawberries, or raspberries.**

Mix all ingredients except raisins and blueberries in a bowl. Spread onto teflex sheet in dehydrator and dehydrate at 115 for 12-24 hours.

Add raisins and blueberries, pour almond milk on top and enjoy!

****Raisins and berries are really 'to taste'. If you love raisins add a ton of them. Berries can depend on what's in season and is available in your area. Pesticide sprays really seep into berries so be sure to only use organic when it comes to any sort of berries.**