

SPOTLIGHT ON BUCKWHEAT

WHAT IS BUCKWHEAT?

The stunning Teresa Cutter gives the best description: Buckwheat is a seed related to rhubarb. It has a wonderful nutty flavour and is gluten-free, low GI and high in amino acids, fibre and essential minerals manganese, magnesium, zinc and copper. The fibre is soluble, which helps to reduce blood cholesterol levels and promote bowel health. Buckwheat is also rich in anti-inflammatory, anti-oxidant polyphenols like rutin, which helps to reduce blood pressure. It also contains the amino acid tryptophan which helps to make serotonin – the FEEL GOOD hormone responsible for feelings of wellbeing and happy digestive health !

WHY IS IT GETTING POPULAR?

You are not on your own if you feel buckwheat is an ingredient appearing everywhere. As gluten sensitivity continues to rise amongst the general population and many people are looking for alternatives to wheat they are finding that buckwheat (which is NO RELATION to wheat and is not even a grain) is far higher in nutrients and quite versatile.

HOW DO YOU USE IT?

Buckwheat groats can be used to make porridge or can be ground to make a flour. Buckwheat flour has different properties to wheat or spelt flours so cannot be replaced as a 1:1 ratio. It also has a different flavour - nutty and bitter. It's best to follow recipes quite closely until you get used to baking with buckwheat.

RECIPES USING BUCKWHEAT

[Chocolate coated buckwheat bars](#)

[Crunchy Buckwheat granola](#)

[Gluten Free Choc Chip Muffins](#)

[Buckwheat and Chia Bread](#)

[Crunch](#) – tastes like peanut brittle!

[Banana Buckwheat Pancakes](#)