

Buckwheat Ginger Snaps



Buckwheat groats are the hulled seeds of the buckwheat plant, and their taste is quite mild. Despite its name, buckwheat is not related to wheat and is thus gluten-free.

Buckwheat contains a decent amount of fiber, which your body cannot digest. Fiber is concentrated in the husk, which coats the groat. The husk contains resistant starch, which is resistant to digestion. Resistant starch is fermented by gut bacteria in your colon. These beneficial bacteria produce short-chain fatty acids (SCFAs), such as butyrate. Butyrate and other SCFAs serve as nutrition for the cells lining your colon, improving gut health.

Because of its well-balanced amino acid profile, the protein in buckwheat, though small in amount, is very high quality.



Buckwheat Ginger Snaps Recipe:

Equipment Needed: high speed blender and dehydrator

Ingredients:

- 2 cups organic buckwheat grouts soaked for 2 hours. (This will expand to approximately 3-4 cups when soaked. The recipe calls for 3 cups and the remaining amount will be folded into the mixture at the very end of prep.)
 - Buckwheat grouts need to be soaked for 2-3 hours, drained and rinse in a colander (one that has small holes so the grouts don't fall through). Leave in colander all day and overnight. By doing this you are sprouting the grouts, which releases their life energy, thus making them healthier to consume. When they begin sprouting you will see a tiny tail emerge.
- 1/2 cup organic coconut milk powder (this can be an optional item)
- 2 tablespoons Markus Sweet (monk fruit)
- 3 tablespoons date powder or coconut sugar powder
- 1 1/2 tablespoons cinnamon
- ½ teaspoon of Celtic or Himalayan salt
- Approximately ¾ cup water
- 2-4 inches of fresh ginger root

Preparation Steps:

1. In a high-speed blender, place the following ingredients: 3/4 cup water, 3 cups of the sprouted buckwheat grouts, cinnamon, Markus Sweet, coconut milk powder, date sugar powder, salt, and fresh ginger.
2. Pour mixture into a large glass mixing bowl. Add approximately a cup of the left-over sprouted grouts. Mix and stir.
3. Divide mixture in half, approximated 2 cups onto each dehydrator sheet and spread evenly.
4. Dehydrate at 140 degrees for 2 and ½ hours, remove trays and score into cracker size, then place back into dehydrator. Reduce to 118 degrees and dehydrate for another 1-2 hours. Remove trays, place a tray on top and flip over. Slowly remove the dehydrator sheet and place back into dehydrator for another 1-2 hours. Then break apart crackers so they dry more evenly and quicker. At this point you will need two more trays to hold all the crackers. Dehydrate for another 2-5 hours until they reach desired dryness/crispness/moistness. Personally, we enjoy them more on the soft and chewy side than crispy.

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