

KATARZYNA'S WAKE UP-CALL BREAKFAST



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I hate getting up in the morning. Every day, the morning alarm at 6 o'clock is difficult for me. My first thought after awakening every day is the same: "I'll go to bed earlier this evening". Usually, everything finishes with these wishes, because "early" in the evening doesn't exist. When I don't have to get up early, I wake up at 8 o'clock. Then, regardless of the weather outside, my day looks different.

Today I decided to prepare a reward for myself. For these awful mornings. I prepared a breakfast which was so yummy only common sense stopped me from eating a second helping. Buckwheat flakes with almond milk, fruit and some drops of maple syrup. Ok, there were more than several drops of maple syrup, but it was a reward, wasn't it? Mrugnięcie

Ingredients:

250ml of almond milk

5 tablespoons of buckwheat flakes

a pinch of salt

fruit (figs, grapes, banana, blueberries)

nuts (cashews, almonds)

3 tablespoons of maple syrup

Boil the milk. Add the buckwheat flakes, add a pinch of salt, mix it in and boil for 3-4 minutes, stirring from time to time. Put the boiled buckwheat flakes onto a plate. Decorate with fruit, nuts and sprinkle with maple syrup. Serve at once.

Recipe posted by Katarzyna Połuszyńska

Photo: Katarzyna Połuszyńska

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