

# **Buckwheat- Quinoa Sprouted Buns**

## **Ingredients:**

250 g buckwheat

540 g quinoa

650 ml water

100 g cups psyllium husk

140 g sunflower seeds

1 Tbsp salt





## Directions:

- Soak the buckwheat, quinoa, and sunflower seeds for 12 hours.
- Rinse them thoroughly and allow them to sprout for an additional 12 hours.
- The sprouting process helps the pseudo-grains naturally rise, similar to sourdough.
- Blend all the ingredients, except for the psyllium husk, until smooth.
- Add the psyllium and blend for 5 more seconds. Transfer the mixture to a bowl.
- Cover the bowl with plastic wrap and let the dough rise for 5-6 hours. The dough will rise faster in a warmer room.
- Wet your hands to prevent sticking and shape the dough into buns.
- Bake the buns at 350°F (180°C) for 30-40 minutes.

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Informational only.  
Always consult a medical professional.

