

Raw buckwheat

Home > NUTRI-lipidomic recipes > Raw buckwheat

NUTRI-lipidomics *Molecular nutrition and healthy diet*



A buckwheat recipe mixed with walnuts and fruit

Innovative recipe, suitable for those who love raw foods or for those who want to experiment with new preparations, which are healthy and at the same time tasty.

This recipe combines the qualities of buckwheat, walnuts and fresh fruit (raspberry, apple, orange juice).

Buckwheat is a pseudo-cereal – described in a previous article <https://www.lipinutragen.it/en/buckwheat/> – with an excellent amino acid profile and naturally gluten-free.

Walnuts are a good source of protein and fatty acids, with an optimal ratio of omega-3, omega-6 and omega-9.

Fruit accompanies us in every season with the possibility of using freeze-drying raspberries, which maintain unchanged over time the nutraceutical properties. Exsiccation protects the packaged fruit against the mould.

“Blend & eat” recipe

Ingredients:

- 60-70 g buckwheat
- 40-50 g walnuts
- 1 apple
- ½ orange
- 50 g raspberries (or 25 g if freeze-drying)

Watch the NUTRI-lipidomic video recipe



Preparation:

Soak the buckwheat and walnuts overnight in water in two separate containers.

Drain and put in the blender together with the apple cut into pieces and the orange juice. Blend for a few minutes until a homogeneous mass is formed. Introduce the raspberries and mix further for 1-2 minutes.

Serve in a bowl, garnishing with strawberries' slices or mint leaves.

The nutritionist's opinion

Cooking of food has accompanied the evolution of man and has brought improvements on the nutritional and digestive profiles of food but also some negative aspects related to the chemical transformation of nutrients with denaturation and formation of other compounds not naturally present.

Also, in this case, the best choice is represented by a balance between cooked and raw foods, avoiding extremism. In order to limit the formation of new compounds for which our enzyme supply is not properly equipped, cooking at high temperatures should be reduced or avoided – such as grilling and fried foods – or the caramelization of sugars with proteins (Maillard reaction).

Enrich our tables with raw seasonal vegetables, together with the cooked ones, as the main dish of our meals.

Video recipe created and prepared by Licia Bonucci

Article by:

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The diet tips, written in the article, are not intended to be a substitute for a personal nutrition plan and are to be adapted to specific cases.

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