

Bio-Oz Buckwheat nut-free Dukkah (Gluten free)

Ingredients

1 tbsp Bio-Oz buckwheat kernels
1 tbsp sunflower seeds
1 tbsp pumpkin seeds
½ tbsp sesame seeds
1 ½ tsp ground cumin
1 ½ tsp ground coriander
Salt and pepper to taste

Instructions

Dry roast the seeds and buckwheat in a saucepan on medium heat for roughly 5 minutes, constantly stirring.

Add the seeds and buckwheat to a mortar and pestle or a pulsing food processor. Add the spices, salt and pepper and grind until mixture is course.

Serve with GF bread and extra virgin olive oil.

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Available in Australia only

