

For more great recipes visit bio-oz.com.au

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

Ingredients	Instructions
1 tbsp Bio-Oz buckwheat kernels 1 tbsp sunflower seeds	Dry roast the seeds and buckwheat in a saucepan on medium heat for roughly 5 minutes, constantly stirring.
1 tbsp pumpkin seeds ½ tbsp sesame seeds	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.
1 ½ tsp ground cumin 1 ½ tsp ground coriander	
Salt and pepper to taste	

SHOP ONLINE NOW

Available in Australia only

ABN 30 232 255 077 ACN 002 786 683 Phone (02) 6862 5954 | Fax (02) 6862 3580 1 Billy Mac Place, (PO Box 255) PARKES NSW 2870 email: bio-oz@bigpond.net.au | www.bio-oz.com.au

