

``html

## Quick Creamy Buckwheat Porridge with Carrot

### Ingredients (for 1 person):

- 1/2 cup (approx. 60g) buckwheat flour
- 1 medium carrot
- 1 cup (approx. 240ml) water
- 1/4 cup (approx. 60ml) single cream

### Preparation Method:

1. Peel the carrot and grate it finely. Set aside.
2. In a small pot, bring 1 cup of water to a boil over medium-high heat.
3. In a separate small bowl, whisk the buckwheat flour with 1/4 cup of cold water until a smooth slurry is formed.
4. Once the water in the pot is boiling, slowly pour in the buckwheat flour slurry while continuously whisking to prevent lumps.
5. Reduce heat to medium-low and cook, stirring frequently, for 3-5 minutes until the porridge thickens to your desired consistency.
6. Remove from heat. Stir in the single cream and the grated carrot. Mix well.
7. Serve immediately.

### Prep Time

less than 5 minutes

### Cooking Time

less than 10 minutes

### Serves

Serves 1 person

## Diet

Vegetarian

*Tip:* For a slightly different texture, you can add half of the grated carrot at the beginning of cooking to soften it more, and the other half at the end for a fresh crunch.

^^