

Tunde . 07/05/2023



50 minutes
Medium
Serving

Ingredients:

Kasha is a high-protein dish that can help you build and repair muscles, tissues, and organs. It is made with

Ingredients:

1 cup kasha (buckwheat groats)

Instructions:

1. Rinse the kasha in a fine-mesh strainer under cold water for 1 minute. Drain well.