

Buckwheat Pancakes (GF)

Recipe by Claire Sambolino
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	582 kj	7%
Energy (kcal)	138 kcal	7%
Fat	4.5 g	6%
of which saturates	2.1 g	11%
Carbohydrate	17 g	7%
of which sugars	3 g	3%
Fibre	1.6 g	6%
Protein	6.9 g	14%
Salt	0.15 g	3%

Generated by Nutritics v5.62 on 7th Feb 2021

Ingredients (makes 6-8 pancakes)

Pancake mix:

2 medium **EGGS**,
75g buckwheat flour,
25g rice flour, 300g **MILK** (or plant milk),
coconut oil for cooking

Optional: 50g cashew or macadamia **NUTS**,
1tsp spice (cinnamon, nutmeg, mixed spice)

Topping suggestions: **NUT** Butter spread, Kefir (**MILK**), Greek yoghurt (**MILK**), mixed **NUTS & seeds**, chopped banana, berries, or savoury toppings such as cheese (**MILK**), ham, mushrooms.

Method and cooking time: 15 mins prep + >20 mins cooking

1. Use a food blender and mix the egg, flours, milk (and nuts if using) and blend into a smooth batter. Leave to chill for 5-10 minutes before using.
2. Heat a small drop of coconut oil in a small frying pan approx. 20-23cm diameter
3. Add one ladle of pancake mix and cook for 1-2 minutes on each side until golden.
4. Serve with your toppings of choice.

SUGGESTION: Pancakes make a great alternative to wraps and bread. These can be served hot or cold with savoury toppings, or used as a wrap or fajitas.

ALLERGENS



MILK



TREE NUTS



EGGS

MODIFY

Pick and mix
with your favourite
toppings

CREDIT

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Photo by: Claire Sambolino