

Buckwheat Pancakes (GF)

Recipe by Claire Sambolino BANT Registered Nutritionist ®



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

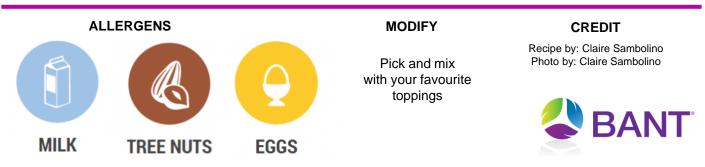
Optional: 50g cashew or macadamia **NUTS**, 1tsp spice (cinnamon, nutmeg, mixed spice)

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.



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%

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