

Buckwheat Pancakes & Nut Butter



Ingredients (makes <10 pancakes*): Pancake mix: 1 egg, 50g gluten-free buckwheat flour, 50g gluten-free rice flour, 300g milk (cow, goat, soya, rice, nut), Topping: Nut Butter, coconut oil for frying

Additional Toppings: Kefir, Greek yoghurt, mixed nuts & seeds, chopped banana or savoury toppings such as cheese, ham, mushrooms.

Preparation: 5 minutes + cooking time

1. Mix the egg, flours and milk and whisk into a smooth batter. Leave to chill for 5 minutes before using.
2. Heat a small drop of coconut oil in a fry pan
3. Add one ladle of pancake mix and cook for c. 2 minutes on each side
4. Serve with 1 tbs of nut butter and sprinkle with additional toppings of choice.

*pancakes make a great alternative to wraps (piadine) and bread. These can be served hot or cold with savoury toppings, or used as a wrap or for serving fajitas.