



BUCKWHEAT PANCAKES

Aim: A slow digesting fibre packed breakfast, with a sweet hit

Ingredients

- 1/2 cup buckwheat flour
- 1/2 tsp salt
- 1 tsp baking powder
- 1/2 tsp cinnamon powder
- 1 ripe banana
- 1 whole egg
- 1/2 cup coconut or oat milk
- 1 tsp vanilla extract

*Coconut oil for cooking

Directions

READY IN: 45 // SERVINGS: 2

1. Sift the flour, baking powder, & salt into a bowl
2. In a separate bowl, mash the banana and egg well until combined and smooth (use a fork)
3. Add in the milk and vanilla extract and mix
4. Slowly mix the flour into the wet ingredients and combine (if you need to adjust the consistency you can always add more milk)
5. Cover and allow to rest in the fridge for 20-30min
6. In a small pan, turn on heat to low-medium heat.
7. Add a small amount of coconut oil just to cover the surface (you can use a paper towel to wipe the oil on the pan).
8. Add in the batter and allow to cook until golden brown (approx. 1-2min) then turn and cook on other side until golden brown (the batter will yield about 6 pancakes)

*adjust heat as needed, it should be closer to medium heat to allow the centre to cook

Variations to consider: you can add protein powder to increase the protein content (add more milk to maintain the consistency of the batter). If you don't like cinnamon, you can eliminate it or add in poppy seeds and/or nutmeg. You can have this with a side of berry compote or fresh berries, fresh banana, and coconut yogurt, or drizzle with maple syrup or honey, or chopped nuts!

CALORIES

319

CARBOHYDRATE

42

PROTEIN

9

FAT

13