



Upgraded Pancakes

4 servings

25 minutes

Ingredients

1 cup Buckwheat Flour (can grind buckwheat groats in a high powered blender)
1/2 cup Steel Cut Oats (grind in a high speed blender to a flour; or buy oat flour)
2 Banana (mash well)
2 Egg (can substitute with a flax egg - 2 tbsp of ground flaxseeds mixed in 5-6 tbsp of water, place in fridge for 15 minutes till thickened)
250 milliliters Unsweetened Almond Milk (substitute with milk of your choice; adjust quantity for desired thickness)
1 tsp Vanilla Extract
1 tbsp Raw Honey (adjust for sweetness)
1 tsp Cinnamon (to taste)
1 tsp Baking Powder
1 milliliter Apple Cider Vinegar (1/2 tsp)

Directions

- 1 Grind the oats and buckwheat in a high speed blender separately if not using flour. Leave out the oats if coeliac. Add the cinnamon and baking powder and stir through the flours.
- 2 Make the wet mix separately, adjusting quantities to the number of mouths you are feeding. Combine mashed banana, whisked eggs, milk, vanilla, olive oil and honey.
- 3 Add the ground flour mix a bit at a time till you reach the desired consistency.
- 4 Add the apple cider vinegar at the end and make sure it is mixed through well.
- 5 Melt a small amount of ghee or butter in the pan and cook pancakes to preferred size. Serve with yoghurt, maple syrup and fruit of your choice. Mango slices and blueberries are great.
- 6 A serve is 2 large pancakes, however these are a great afternoon tea as a pikelet.

Notes

Gluten free or No Oats: Omit oats and make up quantities with buckwheat flour. If gluten free, ensure oats are from gluten free source.