

# Buckwheat Pancakes

Buckwheat is gluten free, highly nutritious and has a nutty flavour. These are wholesome, filling and delicious.

½ cup buckwheat flour  
½ cup wholemeal spelt flour  
1 tsp baking powder  
¼ tsp sea salt  
1 ¼ cups soy, rice or oat milk  
100ml water  
2 eggs  
2 tbsp olive oil, melted butter or ghee

## Options

Add 4 tbsp protein powder  
For sweet pancakes add 2 dess.honey  
Use 1 cup buckwheat flour and omit  
Spelt flour

## Filling

1½ cups low-fat ricotta  
1½ cups vanilla or low-fat  
natural yoghurt

## Sauce

1 ½ cups frozen blueberries  
1 ½ cups water  
2 tbsp rice syrup or honey  
3 tsp arrowroot  
1 tbsp cold water

In a medium bowl, combine buckwheat and spelt flours, baking powder, sea salt and protein powder (if using). Make a well and add milk, water, eggs, oil and honey (if making sweet pancakes). Stand for at least 20 minutes, or overnight. Heat 1 teaspoon of oil or ghee in a frypan over medium heat. Cook ¼ cup of pancake mix at a time, turning once bubbles form and underside is golden. If mixture sticks to the base of the frypan, add ½ teaspoon of oil after cooking each pancake. Drain on paper towel and keep warm until all are cooked.

## Filling

Mix ingredients together and refrigerate.

## Sauce

Place water, berries and rice syrup in a small saucepan and bring to the boil. Mix arrowroot with cold water. Stir into berries and stir constantly until sauce is clear and glossy.

## To assemble

Place ¼ cup of filling on a warmed pancake. Fold over and spoon ½ cup of berry sauce on top.

**Serves 6 (2 per serve) Unfilled pancakes can be frozen**

