



**EAT WELL
LIVE WELL**

Buckwheat Pancakes

BREAKFAST

Buckwheat Pancakes

MAKES 6 PANCAKES

Ingredients:

- 1 Large Egg
- 55ml Rapeseed Oil
- 60g Wholemeal Flour
- 60g Buckwheat Flour
- 1 Lemon
- 275 ml Low Fat Milk

PREPARATION
& COOK TIME:
45 MINS

SERVING SUGGESTION

Yoghurt, berry coulis,
fresh fruit, nuts &
seeds.

Method:

1. Place the milk, egg and 35ml of the oil into a large bowl and mix well.
2. Sift the wholemeal and buckwheat flour into a separate bowl.
3. Add the mixed flour to the milk mixture, stirring constantly until a smooth batter is formed. Add the lemon juice and mix.
4. Allow the batter to rest for thirty minutes prior to cooking. During this time, prep your toppings.
5. Add some of the remaining oil to a hot pan, pour in a scoop of the mixture and cook for 1-2 minutes on each side or until golden on each side.
6. Remove from the pan and place between sheets of baking paper and keep warm while repeating the process with the remaining mixture.

Nutrition information: per average serving

477 kJ
114 kcal

6%

Fat
6.7g

10%

Saturates
0.8g

4%

Sugars
1.4g

2%

Salt
0.27g

5%

of an adult's reference intake (8400kJ/2000kcal)

Nutritional information has been compiled by Registered Nutritionists using an industry standard software system (FDH Saffron). Please bear in mind that the nutrition will change depending on the products that you use to make this recipe. This information is for guidance only.