

BUCKWHEAT & CINNAMON PANCAKES

Jay
Halford



Makes 2 Portions



Total Time: 15min



Storage: 5 days in the fridge

Ingredients:

- 50g of Fine Buckwheat Flour (you can also use plain gluten free flour if you cant find buckwheat)
- 40g of Fine Desiccated Coconut
- 20g of Coconut Palm Sugar
- 1 teaspoon of Ground Cinnamon
- 1 teaspoon of Gluten Free Baking Powder
- 1 pinch of Pink Himalayan Salt
- 80ml of almond milk (or milk alternative of your choice)

Equipment needed: Mixing bowl, Whisk, Frying pan, Spoons

Method:

Place all of the dry ingredients into a small mixing bowl.

Add in the fresh almond milk or KOKO coconut milk.

Whisk the mix together really well.

Leave it to stand for 5 minutes for the baking powder to react with the liquid. This will ensure the batter starts to thicken and it will also to help it rise, giving it that fluffy texture when it's cooked.

Ladle the mix (one at a time) into a hot, nonstick frying pan. As long as your pan is nonstick, you won't need any extra oil to cook the pancakes in.

Cook on one side until golden brown and you will notice bubbles coming through the other side.

Flip the pancakes over and cook for a further 2 minutes on this side.

Serve and garnish with a topping of your choice.

Additions

I love to chop up a whole banana and top the pancakes, also adding a little coconut nectar and finally chopped pecans. Fresh berries are also great!