

Buckwheat pancakes with maple syrup

SERVES - 2

NUTRITION PER SERVING

Fat: 30 g
Carbs: 16 g / Fiber: 6 g (Net Carbs: 10 g)
Protein: 10 g

It's pancake day!!!

Buckwheat is a great wheat alternative and not part of the wheat family at all. It is naturally lower in sugars and higher in fibre.

Psyllium husk is a great source of soluble fibre, and so easy to add to dishes. Adding it will thicken the mixture over time, so you may need to keep adding more milk. The addition of fibre and spices in this recipe help with digestion and blood sugar balance. Have with a chai tea, ginger tea or green tea for even more digestive support.

I've included maple syrup in the nutrition breakdown below.

INGREDIENTS

- 2 eggs
- 1 T oats
- 1 T buckwheat flour
- 1 T psyllium husk (optional)
- 200 ml whole milk
- 1 T cinnamon
- 1 t vanilla extract
- 1/2 t ground cardamon

- 4 t butter for frying

- 4 T maple syrup

METHOD

1. Crack eggs into a large mixing bowl.
2. Add oats, buckwheat flour, psyllium husk, spices and milk.
3. Whisk until well combined. Mixture will thicken up over time.
4. Heat butter in a frying pan, ladle in pancake mixture and cook till the edges appear golden.
5. Flip and cook the other side.
6. Serve with maple syrup.