

Buckwheat & banana pancakes

Serves: one
Prep time: 10 mins
Cooking time: 15 mins



Notes:

An easy to make, tasty recipe everyone will love. even the kids!

This recipe works equally well with coconut flour although the end result is sweeter.

Ingredients

Per person:

1 ripe banana
2 eggs
2 tablespoons of (gluten-free) buckwheat flour
1 tablespoon psyllium fibre (optional)
1/4 tsp bicarbonate of soda

Method

1. Mix together the first two ingredients in your mixer
2. Add the rest of the ingredients, and lightly fold them in
3. Put the batter into a jug
4. Heat your pan
5. Fry in a little butter and then finish the top side under the grill
6. Delicious served with fruit

Method

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