

BUCKWHEAT PANCAKES WITH BLUEBERRY COMPOTE

17 Calories - 220mg Cholesterol (per pancake)

INGREDIENTS

(5 portions)

- 65 g buckwheat flour
- 1 tbsp gluten-free baking powder
- 1 organic egg • 5 drops liquid stevia
- 250 ml rice milk or almond milk
- coconut oil
- cashew nut cream
- blueberry compote
- 150 g fresh blue berries
- 2 tbsp filtered water • 5 drops liquid stevia
- ½ tbsp natural vanilla extract • a pinch of sea salt

METHOD

1. In a large jug, mix the flour and baking powder well.
Add egg, stevia and milk and whisk.
Leave for 10 minutes to settle.
2. Bring blueberry compote to a boil,
turn down heat and reduce to half.
3. Coat a pan with a light amount of coconut oil.
When heated, cook the pancakes in a round form,
turning when bubbles start to appear on the
batter and golden brown.
4. Serve the pancakes with warm blueberry
compote and topped with a dollop of
cashew nut-cream if desired.

