

BUCKWHEAT PANCAKES

Wheat-free Gluten-free Dairy-free

For the gluten-free pancake lover this recipe will please for breakfast or dessert.

Ingredients:

250g organic buckwheat flour

1 egg

Approximately 2 cups liquid (milk, milk and water, soymilk and water)

Method:

Mix all ingredients together well, varying the liquid to reach the desired consistency.

Pour into hot pan to make pancakes of preferred size. Cook until golden.

Serve with fresh fruit, maple syrup, jam or your favourite pancake topping.