



Pancakes

(makes 8)

These pancakes can be made with buckwheat, hemp or fava bean flour, are very easy to prepare and a great alternative to traditional pancakes for breakfast or anytime of day. Enjoy them by themselves or with your favourite toppings.

Ingredients

75g (½ cup) buckwheat or hemp or fava flour	1 egg
25g (¼ cup) plain white flour	120g of semi-skimmed milk
1 tablespoon of castor sugar	3 teaspoons of lemon juice
1 teaspoon of baking powder	2 teaspoons of hemp oil
2 teaspoons of butter, melted	

Method

1. Mix together the dry ingredients.
2. Whisk together the egg, lemon juice, milk and butter.
3. Bring all the ingredients together to make the batter, mixture may be slightly lumpy.
4. Using a pastry brush, lightly coat a pan with hemp oil. Heat the pan to hot.
5. Use a small ladle to place batter into pan and reduce the heat. Cook on one side 2-3 minutes or until bubbles come to the surface. Flip the pancake and cook for another 1-2 minutes.

Buckwheat Pancakes

Nutrition information

	Energy	Protein	Fat	Saturates	CHO	Sugars	Fibre	Salt
Per 100g	1141kj 277kcal	9.2g	10.1g	3.7g	39.1g	9.2g	2.5g	0.4g
Per Pancake	342kj 83kcal	2.8g	3.0g	1.1g	11.7g	2.8g	0.8g	0.1g

Hemp Pancakes

Nutrition information

	Energy	Protein	Fat	Saturates	CHO	Sugars	Fibre	Salt
Per 100g	1204kj 288kcal	15.4g	11.8g	3.8g	32.0g	9.4g	12.7g	0.4g
Per Pancake	373kj 89kcal	4.8g	3.6g	1.2g	9.9g	2.9g	3.9g	0.1g