



**BUCKWHEAT PANCAKES**

**SERVES 4 MINI PANCAKES (mini non-stick pans are great for stacking options)**

**INGREDIENTS:**

- 1 tbsp Coconut Oil (for cooking)
- 2 tsp of MACA powder
- 3 tbsp maple syrup
- 2 tsp of milled chia seeds
- 250ml oat milk / plant milk of your choice (unsweetened)
- 100g buckwheat flour
- Berries (frozen or fresh for serving)
- Cinnamon for serving.
- Maple syrup for serving (optional)

**METHOD:**

- Add all the ingredients except for coconut oil in a blender or food processor and blend until smooth.
- Using a non-stick mini pan & plastic spatula, add a drizzle of coconut oil and then dollop on your pancake mix, brown slightly in a medium heat for 2 minutes or as required and then transfer to a grill to finish browning on top.
- In a separate saucepan add your berries and warm until melting (serve over your pancakes)

**TOPPING / SERVING IDEAS:**

- 1-2 tsp of nut butter for middle filling
- Greek style / plain yogurt (dairy or coconut / soy yogurt for dairy free) for top of pancakes
- Fruit or berries as above heated or served fresh and sliced.