



# Recipe



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## Blueberry buckwheat pancakes

Recipe serves - 4 people

Ingredients	Amount	
Wholewheat flour	3/4	cup
Buckwheat flour	1/2	cup
Vanilla extract or pod	1	teaspoon or pod
Pink salt	1/4	teaspoon
Baking powder	2	teaspoons
Coconut oil	2	tablespoons
Maple syrup	2	tablespoons
Skimmed milk	1	cup
Eggs (organic)	2	eggs
Blueberries	1/2	cup
Banana - sliced thinly (OPTIONAL)	2	bananas
Extra coconut oil for frying	3	teaspoons
<b>Garnish</b>	1/2	teaspoon
Maple syrup to serve, fresh blue berries, a dollop of greek yoghurt and sliced strawberries with a fresh mint leaf on top. (ALL OPTIONAL)		



### NOTES

### Instructions:

1. In a large bowl add both flours, salt, baking powder and vanilla and mix well. Make a whole in the middle of the mixture and add the eggs, milk, coconut oil and maple syrup.
2. Mix well using a whisk, being careful not to over mix. This is important to make the pancakes fluffy. Lastly, fold in the blueberries.
3. Place a small non stick frying pan on medium heat and add 1 teaspoon of coconut oil. Use a tissue to oil the pan entirely. Add a ladle of the pancake mixture to the hot frying pan and after a few minutes use a spatula to remove the edges gently. Once you can see the other side is looking golden brown, flip the pancake for another couple of minutes.
4. Remove the pancake from the pan and repeat this until the batter is finished remembering to lightly oil the pan after each use. You can also add some sliced bananas on the top of each pancake once the batter is in the pan.
5. Serve the pancakes with maple syrup fresh berries and a dollop of greek yoghurt.