



Buckwheat Pancakes

Serves 2-3 people

Delicious pancakes are always a winner for a lazy Sunday brunch with the family.

Difficulty Level: Easy

Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 45 minutes

INGREDIENTS

- ½ cup buckwheat flour
- ¼ cup yellow corn flour
- ¼ cup brown rice or quinoa flour
- 2 tbsp tapioca flour (arrowroot or corn starch)
- 1 tbsp ground flaxseed (linseed)
- 1 tbsp baking powder
- ¼ tsp cinnamon
- ¼ tsp salt
- ¾ cup soy milk (or other non-dairy milk)
- ¾ cup water
- 1 tbsp pure maple syrup
- 1 tbsp light oil (rice bran, safflower etc)
- ½ tsp pure vanilla extract
- 4 tbsp ZENZO Coconut Yoghurt (choose from Plain, Mango Passion with Turmeric or Mixed Berry with Acai)



HOW TO MAKE

1. In a large mixing bowl, mix together all flours and ground flaxseeds, baking powder, cinnamon and salt. Create a well in the centre.
2. Mix together milk, water, maple syrup, oil and vanilla, and pour into well in dry ingredients. Use a fork or whisk to mix for a minute or so to ensure ingredients are well combined.
3. Let the mixture rest for 10 minutes, then preheat a large non-stick frying pan over a medium heat.
4. Once the pan is hot, coat with oil and place a soup ladle of mixture into the pan and tilt the pan to move the mixture so that it spreads evenly. The pancake will form little bubbles and start to set on top.
5. After 2-3 minutes, once the pancake is golden on the underside, flip over and cook the other side for another 2 minutes.
6. Keep warm in the oven while you cook the remaining batter or serve immediately.

HOW TO SERVE

Serve warm with a dollop of your favourite ZENZO coconut yoghurt, fresh fruit, chia seed jam and some freshly chopped mint! Yummy!