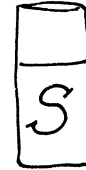
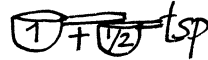
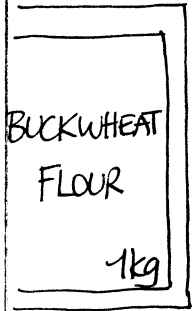


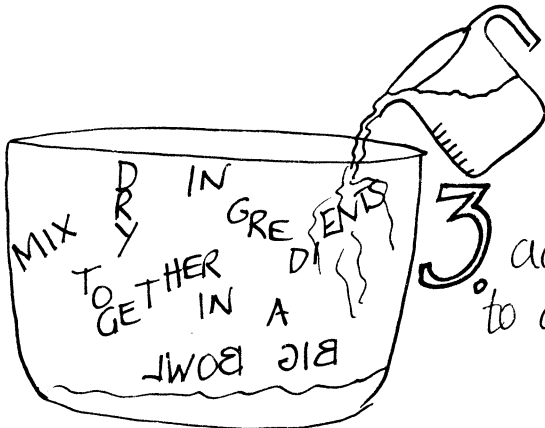
# Buckwheat Pancakes

#recipeforKuchita Sept 2017

seeing as i suggested you buy buckwheat flour last month here's another recipe you can use it in 😊

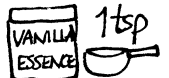


1.



2.

whisk together



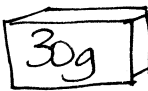
3. add liquids to dry ingredients



milk or non dairy alternative

4.

Add 2tbsp

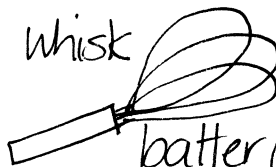


melted butter

melted



&



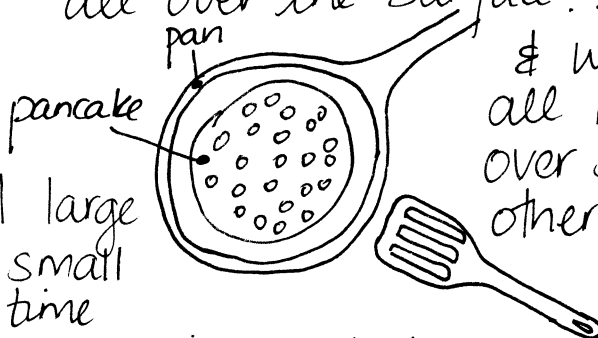
whisk it all together to make a smooth batter (it'll be quite thick)

to cook:

heat a little butter or oil in a fry pan over medium heat & when its hot ladle, or spoon, the batter into the pan & cook until little bubbles have appeared all over the surface.....



MEDIUM HEAT



& when the bubbles have all burst flip the pancake over so as to briefly cook the other side (the 2nd side is quick to cook)

\*You can cook 1 large one or several small pancakes at a time

\*You can top them with anything. I make a big one for breakfast & my current favourite toppings are: chia seed pudding, sunflower seeds, seasonal fruit, a dollop of coconut cream & a big squeeze of (or frozen berries thawed out) lime juice

p.s. i keep left over batter in a jar in the fridge ♥