

Bio-Oz Buckwheat and Banana Flour Pancakes -Gluten free

Ingredients

1 cup overnight soaked toasted Bio-Oz Buckwheat Kernels
1 tbsp Manuka Honey
2 tsp Cinnamon
1/3 cup Natural Evolutions Banana flour
1 Egg
3 tsp Macadamia oil
2 tbsps Water

Cooking Instructions

1. Soak 1 cup of Bio-Oz buckwheat kernels overnight.
1. Blend buckwheat and liquids in a blender.
1. Add flour, pour mix into a bowl and add water to make pancake consistency.
1. The longer you let it sit, the more water it seems to soak up. We added about 4 tbsp of water. Use rainwater or filtered for best results.
1. Makes 3 medium size pancakes. We find they are filling and with fruit is quite enough for 2-3 adults.
1. We served with local orchard pears. A perfect compliment to the buckwheat flavours.

Takes Soak overnight / 30mins, serves 2-3.



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