



Protein-packed Amaranth & Buckwheat Pancakes

By the Mindful Foodie

Ingredients

- 1/3 cup buckwheat flour
- 1/3 cup amaranth flour
- 1 tsp gluten-free baking powder
- 2 egg
- 2 small (or 1 large) ripe banana, mashed
- 1/2 cup water (can use rice, oat or almond milk, too)
- Coconut oil to grease fry pan

Method

1. Mix the dry ingredients so they're thoroughly combined
2. In a separate bowl, whisk the egg, water and mashed banana
3. Whisk the wet ingredients with the dry ingredients until mixed through, and set mixture aside for 5 minutes
4. In the meantime, heat a fry pan over medium heat and lightly brush with coconut oil
5. If making the quantity for one person, ladle half (otherwise a quarter if you've doubled the amounts) the mixture into the heated pan. The pan has to be hot enough for the first pancake to come out fluffy.
6. When you see bubbles on the surface (after 1–2 minutes), flip the pancake over and cook the other side. This will take about another minute.
7. Cook the remaining batter as described in steps 5 and 6 above, and enjoy with fresh, organic berries and maple syrup. Makes 4 medium-sized pancakes.

The Balanced Body Center

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