



SAVORY SPINACH PANCAKES

I've added a bunch of nutritious spinach to turn our Gluten-Free Pancake mix into a delicious savoury breakfast. Top with eggs, bacon and snow pea tendrils for a wholesome weekend brunch.

🕒 10 minutes

🕒 25 minutes

🍴 4 portions

INGREDIENTS

- 2 eggs
- 1 cup of milk of your choice (almond, oat, rice, full fat)
- 1 cup of buckwheat flour
- 1 cup of almond meal
- 1 tsp baking powder gluten free
- 4 cups of baby spinach, raw (120 g)

COOKING METHOD

- 1° Heat a frypan over medium heat. Add in a little butter and spinach. Stir until spinach is wilted. Remove from the heat and allow to cool. Place eggs and milk into a large mixing bowl. Whisk together.
- 2° Add almond meal, buckwheat flour and baking powder into the mixing bowl. Stir mixture until you form a thick, but smooth batter. Add in the cooked spinach and stir through until evenly combined.
- 3° Heat a large frypan over medium heat. Grease the pan with a little butter or coconut oil and dollop in ¼ cup of mixture per pancake. The mixture will spread out on it's own. Cook for 2–3 minutes until bubbles appear on the surface, then flip and cook the other side for one minute.
- 4° Place pancakes onto an ovenproof dish and place into an oven on 140°C/275°F/Gas Mark 1 to stay warm while you cook the remaining pancakes. This mixture will make 12 small pancakes or 8 larger ones.
- 5° Serving Suggestions: fried egg, bacon and alfalfa sprouts
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NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (178 g)	% DRI
ENERGY	203 kcal	361 kcal	18 %
FAT	12 g	21 g	33 %
FATTY ACIDS, TOTAL SATURATED	7 g	12 g	58 %
CHOLESTEROL	55 mg	98 mg	33 %
SODIUM	57 mg	101 mg	4 %
CARBOHYDRATE	15 g	27 g	9 %
SUGARS	1 g	2 g	—
FIBER	2 g	4 g	15 %
PROTEIN	9 g	16 g	—