



 Body

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 **Nutrition**

Buckwheat Protein Pancakes



Gluten Free



Vegetarian



Under 30 Minutes



High Protein



Serves

2



Prep Time

5 minutes



Cook Time

12 minutes





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01:15

Ingredients

- 1 cup (120g) buckwheat flour
- 1 banana, chopped
- 1 tsp. ground cinnamon
- 2 scoops (60g) vanilla protein powder
- 1 egg
- ¾ cup (175ml) almond milk
- 1 tbsp. coconut oil
- 4 tbsp. raspberries, to serve
- 2 tbsp. Greek yogurt, to serve
- 1 tbsp. honey, to serve

Nutrition (Per Serving)

Calories	Fats	Protein	Carbs
315	7 g	21 g	48 g

Instructions

1. Place the buckwheat flour, banana, cinnamon, protein powder, egg and almond milk into a food processor or high-speed blender and blitz to form a smooth pancake batter.
2. Heat 1 teaspoon of coconut oil in a large skillet over a medium-high heat. Pour roughly 2 tablespoons of the pancake batter, per pancake, into the pan. Cook for about 2 minutes then flip and cook for a further 2 minutes on the second side. Repeat the process with the remaining pancake batter.
3. Crush the raspberries in a bowl and mix in the Greek yogurt. Stack the pancakes on a plate, layering through the raspberry yogurt.
4. Serve topped with fresh berries and a drizzle of honey.



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