

Banana Buckwheat Pancakes

Serves: 12
Prep: 5 mins
Cook: 10 mins

Dietary: VEG, NF, GF
Allergens: Dairy
Age group: 8 months+



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Equipment

High-speed food processor

Ingredients

- $\frac{3}{4}$ cup (105g) buckwheat flour
- $\frac{1}{4}$ cup (30g) arrowroot
- 1 cup (250ml) milk of choice
- 2 ripe bananas (260g), peeled and mashed
- 1 egg
- 1 tsp (4g) baking powder
- 1 tsp (5ml) vanilla extract
- $\frac{1}{4}$ tsp (0.5g) ground cinnamon
- 1 tbsp (20ml) extra virgin olive oil, for frying

Method

1. Place all ingredients into a high-speed food processor and process until smooth.
2. Place a large frying pan over medium heat and brush with oil.
3. Pour $\frac{1}{4}$ cups of batter into the pan and cook for approximately 1-2 mins on each side or until bubbles begin to appear.
4. Repeat with remaining batter.

Serving suggestion: Serve topped with fresh fruit, natural yoghurt, a sprinkle of mixed seeds and a drizzle of maple syrup.

Storing Leftovers: Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.

Tips

- ✓ **Allergies:** For a dairy-free version: Swap milk with a calcium fortified dairy-free alternative such as soy, oat or coconut milk. For an egg-free version: Swap egg for a store-bought egg replacer or use a flax egg (1 egg = 1 tbsp flaxseed meal + 3 tbsp water) or chia egg (1 egg = 1 tbsp chia seed meal + 3 tbsp water).
- ✓ **Easy ingredient swaps:** Swap buckwheat flour for brown rice flour or any gluten-free flour mix. Swap buckwheat flour for wholemeal wheat flour (note: then recipe is no longer gluten-free). Swap arrowroot for tapioca.
- ✓ **Additional boosters:** Add 1 tsp of chia seeds to the batter before processing.
- ✓ **Baby-friendly version:** Serve mashed or in finger food-sized pieces