

# Buckwheat, Almond, Banana and Blueberry Pancakes

*(gluten free, grain free, dairy free)*

Serves: 4

<input type="checkbox"/>	¾ cup almond flour
<input type="checkbox"/>	¾ cup buckwheat flour
<input type="checkbox"/>	2 teaspoons baking powder
<input type="checkbox"/>	Pinch salt
<input type="checkbox"/>	2 large or 3 medium size eggs
<input type="checkbox"/>	1 large or 2 small mashed ripe banana's
<input type="checkbox"/>	Juice of 2 oranges

- Mix all ingredients together with a wooden spoon in a large bowl. Mixture should be thick but just pourable off the spoon. You may need to add more orange juice.
- Lastly gently mix in 1 cup frozen or fresh blueberries
- Let mixture stand for 10 minutes before cooking pancakes in lashings of butter and/or coconut oil. I try to keep these pancakes to pikelet size as they are slightly more fragile than traditional ones made with wheat flour, and turn more successfully when not too large.
- Enjoy served with real maple syrup, chopped walnuts and greek yoghurt

Parnell Natural Health  
532 Parnell Road, Parnell, Auckland  
phone 09 300 6066

Heal Clinic  
17 Routly Avenue, Pukekohe  
phone 021 367 103

[meryn@healnaturally.co.nz](mailto:meryn@healnaturally.co.nz) · [www.healnaturally.co.nz](http://www.healnaturally.co.nz)

naturopath  
**heal**