

# Buckwheat Banana Pancakes with Walnuts

MAKES 3 PIECES

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## INGREDIENTS

Buckwheat Flour	¼ cup
All-Purpose Flour	3 tablespoons
Yoghurt	3 tablespoons
Sea Salt	½ teaspoon
Unsalted Cold Butter, cut into pieces	2 teaspoons
Mild Floral Honey	1 teaspoon
Large Egg	1
Vanilla Soy Milk	½ cup
Large Fully Ripened Bananas, peeled	2
Chopped Walnuts	2 tablespoons

## METHOD OF PREPARATION

1. In a medium bowl, combine the flour, salt, butter, and honey into a finely crumbled mixture with a pastry blender or potato masher.
2. In a large bowl, whisk together the egg, yoghurt and soy milk
3. Add the flour mixture to the soy milk mixture and whisk until well combined. Let stand for 5 minutes.
4. Mash one banana and set aside; very thinly slice the other banana and stir the slices into the batter.
5. Lightly coat a large flat skillet or griddle with natural cooking spray (e.g. olive, canola, sunflower oil) and place over medium heat.
6. Spoon about ¼ cup batter per pancake on the hot skillet.
7. Cook pancakes in batches for 2 minutes per side or until lightly browned. Keep cooked pancakes warm on a plate loosely covered with foil.
8. Serve pancakes topped with mashed bananas and walnuts.



## NUTRITION INFORMATION per piece

Total Energy	146 kcal
Protein	5g
Carbohydrate	17g
Total Fat	6g
Saturated Fat	4.1g
Dietary Fibre	2g
Cholesterol	52mg
Sodium	124mg
Carbohydrate Exchange:	1 Exchange