



## Warming Wholesome Brekkies

### Wholesome Quinoa Buckwheat pan cakes & waffels gluten free

These pancakes work just as well with buckwheat flour. The best part is that you do not turn the pancakes, instead you cook them under the grill element in the oven so they turn out perfect every time you make them. They are extremely healthy as they do not contain any sugar and are gluten free.

Estimated preparation Time: 3 minutes

Completion Time: 3 minutes

Skill level: easy

Serving size: 1 pancake

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Equipment: Electric Blender or mixing bowl and whisk  
Frying pan or waffle iron  
Spatula  
1 oven with preheated grill element

#### Ingredients

100gm quinoa if you use a blender; or 100gm (1/3 of a cup & 1 tablespoon) quinoa flour  
1/3 of a teaspoon of baking soda or baking powder  
35gm (bit over 1 tablespoon) of butter or coconut oil  
1 large egg  
130ml milk (½ a cup and a tablespoon) use soymilk if you are lactose intolerant

#### Method

1. Heat the pan for 1 minute, add the butter or coconut oil and turn the heat off, so the fat can melt and warm.
2. Place quinoa into the blender and blend to a fine flour (or flour into the bowl)



3. Crack the eggs into the blender (or bowl)
4. Add baking soda
5. Add milk
6. Add butter and mix well in blender (or whisk if you use a bowl)
7. Heat the pan once again for 1 minute on a high heat (do not clean the pan in-between)
8. To cook a pancake turn the heat to medium after you poured the dough into the pan.
  - a. Note: if you use a waffle iron preheat it until it is ready to go. Place the dough and bake in the waffle iron until golden.
9. Cook the pancake for 30 seconds on the stovetop then transfer the pan into the middle of the oven, cook until the batter is set or develops a nice golden color.
10. Switch the stovetop gas onto a medium high heat and return the pan. Cook for another minute. This will give the pancakes a nicer texture and color. It also avoids the dough sticking to the pan.
11. To plate, flip it with the help of a spatula onto the plate, and serve.

**Note:**

The dough itself lasts for several days in the fridge. After 1 - 2 days the flour will slightly discolor and darken, but this does not affect the quality of the dough and it will lighten again once you bake it.

**What can you serve this with ?**

Serve with honey, fruits, berries, compotes or jams or a dollop of whipped or sour cream. The ultimate treat is to serve them with ice cream or hot chocolate sauce. If serving as a savory dish, serve them with cheese, ham, bacon, and any kind of cooked eggs or with pumpkin butter.