

Buckwheat Pancakes with Spinach, Pine Nuts and Honey



I found this recipe in a magazine, made a few tweaks to it to make it a little healthier and since then I've made these 4 or 5 times in the last couple of months. They're really good. A lovely start to a Sunday morning!

If you don't have buckwheat flour then you can of course make these using regular wholewheat or wholegrain flour but avoid using white flour when baking as white flour is heavily processed, often bleached and has been stripped of the bran and the germ which provide us with fibre.

White flour is generally used for baking cakes as it gives a light, airy texture but other than that, there is nothing good about white flour. Nutritionally, it is devoid of any goodness. Make the switch to wholegrain, wholemeal, buckwheat, almond, spelt or coconut flour.

This recipe will make 2 large pancakes or 4 smaller ones. You'll need:

- 2 tsp butter
- 1 tsp oil (I used coconut but olive would do)
- 2 large handfuls spinach
- 3 tbsp. ricotta
- 2 tbsp. honey or maple syrup
- 50g pine nuts
- Lemon zest and juice
- 3 tbsp. buckwheat flour
- 50ml milk
- 1 egg

Mix the flour, milk and egg together and whisk. Heat 1 tsp butter and a tiny dash of oil to a shallow frying pan/omelette pan and pour in some of your batter. This depends on how big u want your pancakes to be. A soup ladle full is a good amount.

Keep on a low heat and cook for approx. 2 mins before turning over. Repeat this until you have all of your pancakes made.

In a separate pan melt 1 tsp butter and wilt your spinach in this. This will only take a minute, then add your ricotta and a squeeze of lemon juice. Spread this onto your pancakes and give the pan a wipe.

Next add the pine nuts to the dry pan and toast them a little. Again this will only take a minute or so. Sprinkle these onto your ricotta topping, drizzle with honey or maple syrup and lemon zest.

This will be a recipe you will make again and again ☺