

Oaty Pecan Pancakes

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These indulgent wholemeal pancakes have extra substance and flavour thanks to the oats and pecans. Delicious eaten straight from the pan or once cooled, popped in the toaster.

Makes 10-12

- 120g gluten-free rolled oats
- 120g buckwheat flour
- 1 tsp ground cinnamon
- 1 tsp baking powder
- 1 pinch salt
- 1 egg
- 2 tsp vanilla essence
- 1 tbsp maple syrup
- 270ml almond milk (or any milk of your choice)
- 40g pecan nuts, chopped
- 1 tbsp coconut oil

1. Mix the oats, flour, cinnamon, baking powder and salt in a bowl.

2. In a separate bowl, whisk the egg, then pour in the vanilla essence, maple syrup and milk and stir well. Make a well in the centre of the dry ingredients, pour in the wet ingredients and gradually stir

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them in, followed by the nuts. The mixture should be thick but pourable. Allow it to rest for about 15 minutes.

3. Melt half the coconut oil in a frying pan over a medium heat. Drop blobs of the mixture into the pan, using 1–2 tablespoonfuls for each pancake. Repeat, leaving space around each one, and cook them for 2–3 minutes until they're golden brown and holes appear on the surface.

4. Flip them over carefully with a spatula and cook them for 1–2 minutes on the other side. Repeat with the remaining mixture.

5. They taste great served with 1 tbsp Greek-style yoghurt (add 75 cal), 1 tsp honey (add 20 cal) and some berries or half a sliced banana (add 50 cal).

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