



BUCKWHEAT PANCAKES

<https://www.mainland.co.nz/recipe/buckwheat-pancakes.html>



PREP TIME
10 MINS

COOKING TIME
20 MINS

SERVES
4

Mornings are made for pancakes and these buckwheat beauties are wholesome and delicious.

Ingredients

Dry Ingredients

- 100g plain flour
- 100g buckwheat flour
- 1 teaspoon baking soda
- 3 tablespoons sugar
- ½ teaspoon salt

Wet Ingredients

- 1 cup Anchor Milk
- 1 cup Anchor Yoghurt
- 60g Mainland Unsalted Butter, melted
- 1 free-range egg
- 375g tub of Mainland Buttersoft
- maple syrup

Method

1. Preheat your oven to 100°C bake and place a baking tray in the oven.
2. Place all the dry ingredients in a blender, then add all the wet ingredients and blend until well combined.
3. Melt a tablespoon of Mainland Buttersoft in a large non-stick frypan on a medium heat.
4. Pour in some of the pancake mixture, just enough to make a 12cm sized pancake. If your pan is big enough, cook two at a time.
5. Cook the pancakes until lots of bubbles start to appear on the top, then flip and cook on the other side for 1-2 minutes. Remove and place on the tray in the oven to keep warm.
6. Repeat the process, melting more butter each time, until all the batter is used up.
7. To serve, make a stack of pancakes, crown with a dollop of Mainland Buttersoft and drizzle over that gorgeous maple syrup.