

Banana Pancakes

with fresh fruit and french cream

This recipe turns a standard breakfast of pancakes into a nutrient dense, easily digested treat for your body. The flour is lacto-fermented overnight, increasing the ease with which you can digest the grains. We use gluten-free flour as many people cannot tolerate wheat. By not using wheat whenever possible adds to diversity to our diet rather than just adding another processed wheat product. Similarly, by adding yoghurt to the cream, we introduce even more beneficial bacteria and then the fresh fruit adds a raw food component. Maple syrup and honey are also whole foods and, unlike sugar, deliver nutrients as well as sweetness. Remember though that they are a treat and still need to be used sparingly.

Ingredients for four people:

1 1/3 cups buckwheat (preferably freshly ground)

2/3 cup of millet flour (preferably freshly ground)

1 tablespoon of yoghurt

1/2 cup of milk

2-4 eggs

Add more milk to desired consistency

Add chopped banana

Method:

The night before

Mix flours, yoghurt and milk. This will be very thick.

When ready to eat

Add eggs to flour mixture.

Add milk (to favoured consistency) and mix. (For a fluffier texture you can also add organic baking powder to the mixture).

French Cream

Beat 125ml (4.25 fl oz) cream until stiff then add 3 tubs yoghurt.

Mix well.

Cook pancakes in heavy based cast iron pan with butter.

Top with fruit French cream and maple syrup or honey.

