

Buckwheat pancakes with blueberry apple compote

At our house these low-gluten pancakes are a fun weekend treat. Often we top them with fresh fruit and yoghurt, however this blueberry compote makes a warming winter breakfast. We soak the flours overnight to improve the texture of the pancakes and make the grains easier to digest.

BUCKWHEAT PANCAKES

½ cup buckwheat flour
½ cup wholemeal spelt flour
1 cup water
juice of 1 lemon
1 egg
¼ teaspoon sea salt
½ teaspoon baking soda
1 tablespoon melted butter or olive oil
butter or oil, for frying

COMPOTE

2 large eating apples, peeled and cut into
1.5cm cubes
1 teaspoon honey
pinch of sea salt
½ cup water
1 cup frozen blueberries
2 teaspoons arrowroot powder

☀ Mix flours, water and lemon juice together in a bowl. Cover with a plate and leave overnight (6–12 hours). When ready to cook, add egg, salt, baking soda and butter or oil. Whisk to form a smooth batter.

To make the compote, put apple, honey, sea salt and ¼ cup water in a saucepan and bring to a boil. Cover with a lid and turn down heat. Simmer until apples are just starting to soften. Add blueberries and cook for a few more minutes until berries are warm.

Combine remaining water with arrowroot powder to form a smooth paste and stir into the hot mixture. Simmer for 1–2 minutes until mixture thickens. Remove from heat.

Heat a frying pan over medium heat and add 1 teaspoon butter or olive oil. Drop in a big spoonful of batter, then tip the pan, spreading mixture to form a large circle. Allow each pancake to cook until bubbles appear across the whole surface before turning over to complete cooking. Adjust heat as you go to ensure the pancakes have time to cook through without getting too dark. Stack cooked pancakes on a plate in a warming drawer or low oven until required.

Reheat compote if necessary. Serve pancakes with compote on individual plates topped with yoghurt.

MAKES 6 PANCAKES

Superfood breakfast smoothie

For a well-balanced breakfast that is easy to prepare, use this simple guide to create your own unique super breakfast smoothie.

1–1½ cups chopped fruit (apple, pear, orange, banana, peach, mango or berries)
1–2 parts protein (¼ cup natural yoghurt, handful of pumpkin seeds, sunflower seeds or almonds soaked overnight and drained, 1 organic free-range egg, 2 tablespoons whey protein powder)
1 part fat or oil (1 tablespoon flaxseed oil, ground flaxseed or sesame seeds, 2–3 teaspoons tahini, or medium-sized avocado)
1 part superfood (1–2 teaspoons spirulina or multi-green powder, or 1 teaspoon bee pollen)

Place all ingredients in a blender and blend on high speed. Add water or milk to form a thick but drinkable smoothie.

Serve immediately or pour into a large travel cup for breakfast on-the-go.

SERVES 1



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