



**BACON & BROCCOLI
PANCAKES**

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Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
231 kcal
10g Fats
25g Carbs
11g Protein



GF

DF

Q

WHAT YOU NEED

- 1 egg
- 1 cup (250ml) plant milk
- 1 cup (125g) buckwheat flour
- 1 tsp. baking powder
- pinch of salt
- 1 cup (200g) broccoli, head thinly chopped
- 8 slices streaky bacon
- 2 tbsp. apple syrup (optional)

WHAT YOU NEED TO DO

Beat the egg through the milk and add the buckwheat flour, baking powder, and salt. Mix until the batter is smooth. Add the broccoli and stir it through the batter.

Heat a dry non-stick frying pan. Cut a slice of bacon in half and place on the frying pan. Bake for 1 minute on medium heat. Turn the bacon and spoon the batter over it forming a round pancake shape.

Fry the pancakes around 4 minutes until golden brown and done. Turn halfway.

Repeat with the rest of the bacon and batter. Serve the pancakes with apple syrup.