

Week 2: Diet

Saturday: Banana Pancakes

(a recipe by livingthehealthychoice.com)



Weekends are perfect for long and relaxing breakfasts. How about some banana pancakes? This recipe is made with buckwheat flour, which gives the pancakes a nutty taste. If buckwheat flour is not available at your local supermarket or you are too lazy to go shopping, you can just supplement it with regular flour.

Ingredients for 6 Pancakes:

- 60 g buckwheat flour
 - 60 g whole grain spelt flour
 - 1 ½ banana (you can use the other half for decoration)
 - 100 ml water
 - 50 ml plant milk
 - some coconut oil
 - Toppings: seasonal fruit, maple sirup or honey, coconut flakes or nuts, if you like vegan yoghurt, whatever you like...
1. Squeeze banana with a fork or puree with a hand blender.
 2. In a bowl mix buckwheat flour, whole grain spelt flour, squeezed banana, a teaspoon of melted coconut oil, milk and water to a homogenous mixture. If the dough is too viscous you can add a little water.
 3. In a pan heat up some coconut oil. Add dough and brown pancakes on middle heat until they are brown on both sides.
 4. Put on a plate. Be creative with your decoration. Bon appetit! 😊



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