

PANCAKES

It's that time of year again and whilst we all love the traditional crepe, sometimes its nice to have a change or maybe look at healthier alternatives. So if you fancy a change this year, here a a few of the favourite ones here in the Halliday house

Take your pick from sweet or savoury, gluten or dairy free small or large... What is consistent with them all is that they are low in refined carbohydrates and each contain a good amount of protein and some fat to help support energy levels and prevent energy dips.

Super quick, mini pancakes.

This recipe makes 6 small pancakes which serves one person as a breakfast

Ingredients:

2 eggs

1 tablespoon of coconut flour

1 ripe banana

a little salt

optional extras: 1 teaspoon of ground flaxseed or 1 teaspoon of raw cacao

- Mash the banana then using a fork whisk in the eggs, coconut flour and any optional extras
 - Heat a frying pan and melt some coconut oil or butter
 - Cook two batches of three at a time and heat on a medium heat for about 2 mins on each side
- Serve with fresh berries and/or some nut butter such as peanut butter or almond butter

Grain free crepes

This is adapted from Danielle Walkers Against Grain and is suitable for those who are gluten and dairy free. They are also suitable for those who are avoiding grain and who may be following the specific Carbohydrate Diet due to a health reason. They can be enjoyed with both sweet and savoury toppings

This recipe makes 10 crepes

Ingredients:

6 large eggs

1 cup of unsweetened almond or cashew milk

3 tablespoons of coconut flour

2 teaspoons of melted coconut oil

1/4 teaspoon of salt

Coconut oil or butter for cooking

- Whisk all the ingredients for the crepes in a bowl and leave to stand for 10 minutes
- Heat a pan with the oil or butter and pour around 1/4 cup of the batter into the hot pan ensuring it is spread evenly around the pan
- Cook for 1 minute then then over (gently as this flour can make them easier to crack) using a spatula and cook for another 30 seconds
- Continue for each crepe

For sweet crepes top with chopped bananas, fresh berries, nut butters or some melted dark chocolate

For savoury crepes, lightly fry chopped spring onion before adding the batter and then when cooked top with smoked salmon or good quality ham with a side salad

Vegan blueberry pancakes

These are adapted from Deliciously Ella's blueberry pancakes. They are well liked by kids as the blueberries can often explode leaving big purple patches on the plate!

Ingredients:

2 tablespoons of chia seeds

200g oats

2 ripe bananas

2 tablespoons of coconut oil

pinch of salt

150g blueberries

- Start by putting the chia seeds into a mug with 175ml of water and let this sit for 20 mins until it expands and forms a gel
- Place all the other ingredients except the blueberries and the chia mixture into a food processor with 100ml of water and blend until you have a smooth batter
- Transfer the mix to a bowl and stir in the blueberries and then the chia gel
- Oil a non stick frying pan with some oil and place over the heat until it is quite hot
- Add 2 tablespoons of batter to the pan for each pancake, use a spoon to create an even circle and let it cook for about 2 minutes per side, flipping it over once. Repeat for each pancake until all the batter has been used.

Buckwheat pancakes

Makes 8 pancakes. They are a little denser than the traditional white flour recipes but are lower in glycemic load

Ingredients:

275ml milk

1 medium egg

1 teaspoon of coconut oil

55g buckwheat flour

55g wholemeal flour

pinch of salt

butter/ olive oil/ coconut oil for cooking

- place the milk, egg, teaspoon of coconut oil in a large bowl and stir well
- Sift the flours and add them to the milk mixture gradually stirring until a batter is formed
- Allow the batter to rest for 30 mins
- Heat the oil in a frying pan and pour 1/8 of the mixture into the heated pan and cook for 102 mins on each side

Serve with fresh fruit

Spinach and chia pancakes

These smaller pancakes work well at any time of year and the recipe makes 6

1 cup of spinach, finely chopped

1/4 chia seeds

4 eggs

1 cup of coconut milk

1/2 cup of coconut flour

1 tsp baking soda

salt and pepper

oil or butter for cooking

- Whisk the eggs with the coconut milk until combined then whisk in the chia seeds, flour and baking soda. Stir in the spinach
 - Heat the oil in a frying pan and fry 3 at a time in a pan for around 2-3 minutes on each side
- Serve with a side salad

Vegan Chickpea pancakes

These are certainly a change from the norm! They are adapted from Pippa Kendrick Free from cookbook. They are dairy, egg and gluten free. The recipe makes 6 pancakes

Ingredients:

1 X 400g tin of drained and rinsed chick pea

150 g gram flour

250ml rice milk

1 tbsp olive oil plus extra for frying

pinch of sea salt

- place the chickpeas in food processor and roughly blitz to a coarse breadcrumb texture
- Combine the gram flour, rice milk and olive oil in a large mixing bowl and whisk together vigorously. add the chickpeas and salt and fold into the pancake batter
- heat a little oil and add a ladleful of batter and swirl it around the pan to form a pancake about 13cm in diameter
- Cook until the pancake is almost dry on top and then flip the pancake over and cook until the other side is golden - about 3 mins on each side
- Continue until you have used all the batter

Serve with side salad