FREEE by Doves Farm Free From Blueberry & Buckwheat Pancakes

erudus

Ingredients

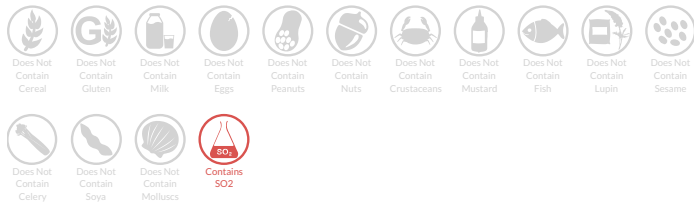| Product	Quantity
Gluten Free Buckwheat Flour 5 x 1kg	75.00 g
Gluten Free Baking Powder 5 x 130g	1.00 g
Gluten Free Organic Chickpea Flour 5x100g	0.75 g
Water	1.50 g
Coconut Milk 400ml	75.00 g
Ardo Blueberries E 10x1 kg	75.00 g
KTC PURE SUNFLOWER OIL	1.00 g
Clarks Original Maple Syrup 6 x 500ml	5.00 g

Serves: 3

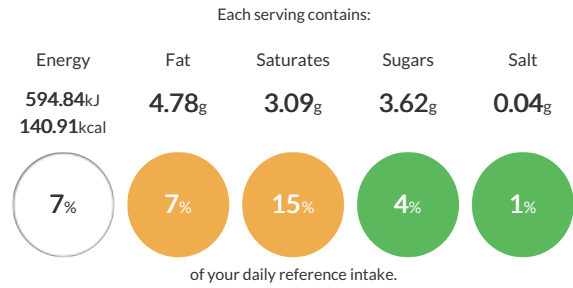## Allergy Information

Key: Contains | May Contain

Does Not Contain Cereal | Does Not Contain Gluten | Does Not Contain Milk | Does Not Contain Eggs | Does Not Contain Peanuts | Does Not Contain Nuts | Does Not Contain Crustaceans | Does Not Contain Mustard | Does Not Contain Fish | Does Not Contain Lupin | Does Not Contain Sesame

Does Not Contain Celery | Does Not Contain Soya | Does Not Contain Molluscs | Contains SO2

Dietary Information

Key: Suitable for

Suitable for Vegetarian | Suitable for Vegan | May not be suitable for Kosher | May not be suitable for Halal

Reference Intake

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
594.84 kJ 140.91 kcal	4.78 g	3.09 g	3.62 g	0.04 g
7%	7%	15%	4%	1%

of your daily reference intake.

Nutritional Summary

Energy	594.84kJ 140.91kCal
Protein	3.6g
Carbohydrates	20.36g
of which sugars	3.62g
Non Milk Extrinsic Sugars	0g
Fat	4.78g
of which saturates	3.09g
Fibre	1.24g
Salt	0.04g
Sodium	0.01g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	4.25mg

Method & Recipe Notes

1. Put the flour and baking powder into a large bowl or jug and stir to combine. 2. Beat in the egg (or chickpea flour + water) and milk to make a smooth batter. 3. Stir in the blueberries. 4. Put a little oil into a frying pan, roll it around to cover the surface and heat until the pan is nice and hot. 5. Pour the batter into the pan to make three circles and cook on medium heat. 6. When bubbles appear on the surface and the base is golden turn the pancakes over and cook the other side. 7. Repeat until all the batter is used. 8. Serve warm with syrup of your choice.