

Meal Idea: Breakfast

“Spinach Protein Pancakes”



@MML_Nutrition

Ingredients

X4 servings

- 280mml of buttermilk**
- x1 egg beaten**
- x2 poached eggs per person**
- 200g Spinach**
- 175g buckwheat flour**
- 1tsp baking powder**
- Paprika**
- Rapeseed oil**

Instructions

Boil the kettle, put the buttermilk and beaten egg in a food processor, put the Spinach in a colander and pour over boiling water to wilt. Squeeze out any excess water, add to the processor and blitz to a Smooth purée

Put all dry ingredients, plus 1 tsp salt, in a bowl and gradually mix in the purée. If a little thick, add 1 tbsp water to loosen to a batter consistency

Heat a drizzle of oil in a large, non-stick pan over a medium heat and Spoon in two or three ladlefuls of batter. Cook for 1-2mins or until Bubbles appear, then flip over for 1 min more or until cooked. Repeat until you have 12 pancakes, serve topped with poached eggs

Nutrition

CARBS:10G PRO:20g FAT:12G