

# Recipe of the Month

## Alternative pancakes for Shrove Tuesday



This yearly occasion is a good opportunity to gather up friends and family but, if there are dietary requirements to consider, some lateral thinking is called for. We've tried to cover a few bases to help you.

### Banana Pancakes

Prep: 5 mins  
Cook: 5 mins  
Makes: 4

#### Ingredients

1 large banana  
2 eggs beaten  
Pinch of baking powder  
(gluten free if coeliac)  
Splash of vanilla extract  
1 tsp oil



#### Preparation

In a bowl, mash 1 large banana with a fork until it resembles a thick purée.

Stir in 2 beaten eggs, baking powder and vanilla extract.

### Vegan Pancakes

Prep: 5 mins  
Cook: 25 mins with resting  
Makes: 6 small pancakes

#### Ingredients

125g gluten free plain flour  
egg replacer equivalent to 1 egg  
250ml dairy free milk



#### Preparation

Put the flour in a bowl and make a well in the centre. Pour in the egg replacer and a quarter of the milk.

Use an electric whisk to thoroughly combine the mixture, then beat in another quarter of the milk. Once lump free, pour in the remaining milk. Leave to rest for 20 minutes. Stir again before using.

### Spinach Protein Pancakes

Prep: 15 mins  
Cook: 20 mins  
Makes: 12

#### Ingredients

284ml pot of buttermilk  
1 egg beaten  
2 poached eggs per person to serve (optional)  
200g spinach  
175g buckwheat flour  
1 tsp gluten free baking powder  
1 tsp salt  
pinch of paprika



#### Preparation

Boil the kettle and 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 the dry ingredients in a bowl and gradually mix in the purée.

### Dairy Free Pancakes

Prep: 5 mins  
Cook: 25 mins with resting  
Makes: 8 small pancakes

#### Ingredients

125g plain flour  
1 egg  
300ml dairy free milk



#### Preparation

Put the flour in a bowl and make a well in the centre. Crack the egg in the middle and pour in a quarter of the milk.

Use an electric or balloon whisk to thoroughly combine the mixture. Once you have a paste, mix in another quarter of milk. Once lump free, mix in the remaining milk.

Leave to rest for 20 minutes. Stir again before using.