



Blueberry and Apple Pancakes

Ingredients:

- 2 cups organic wholemeal self raising flour
- 1 cup organic buckwheat flour
- 2 teaspoons baking powder
- ½ cup organic LSAS (Linseeds, Sunflower seeds, Almonds, Sesame Seeds ground)
- ½ cup organic Oat Bran
- ½ cup organic Wheat Germ
- ¼ cup organic Chia Seeds
- 1 teaspoon organic vanilla essence
- 2 teaspoons organic cinnamon
- 1 grated organic green apple (leave the skin on)
- 1 cup fresh or frozen organic blueberries
- 3 organic or free range eggs
- 3 cups organic Almond or Rice Milk (can use cows milk if no milk intolerance)

Method:

Sift all of the different flours together along with baking powder and mix thoroughly, ensuring baking powder is distributed evenly.

Add the LSAS, Chia Seeds, Oat Bran, Wheat Germ and Cinnamon

Crack the eggs into a separate bowl with vanilla essence and beat together. Pour into the flour, add the milk and mix together to form a batter.

Gently mix in the grated apple and blueberries

Pour into a pre heated non stick frypan (you can season the pan slightly with a small amount of unsalted butter or Almond Oil) and make small pancakes. When the pancake bubbles, lift it slightly to check the other side has browned and then flip over until they're cooked through.

This is a large recipe because I like to cook in bulk and freeze the left over pancakes in small packs of 6 so the kids can have pancakes anytime they like.