

Spinach protein pancakes



Ingredients

284ml pot buttermilk

1 egg, beaten, plus 2 poached eggs per person, to serve (optional)

200g spinach

175g buckwheat flour

1 tsp gluten-free baking powder

pinch of paprika

rapeseed oil, for frying

Method

1. Boil the kettle, and put the buttermilk and beaten egg in the Cheftronic® 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.

2. Put all the 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.

3. 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 1-2 mins 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, if you like.

These gluten-free buckwheat pancakes are high in protein, folate and tasty too, with buttermilk, spinach and a pinch of paprika for added punch