

Buckwheat Pancakes and Greek Yogurt Spread



Discover our delightful recipe for buckwheat pancakes paired with Greek yogurt spread. Enjoy these light and gluten-free pancakes with a creamy topping for a delicious experience.

Preparation 7 min

Cooking 10 min

Servings 4

Nutrition Facts (per serving)

Calories 205

Fat 9

Carbohydrates 22

Fibre 4

Protein 9

Sodium 205

Ingredients

Spread

- 125 ml (½ cup) of plain Greek yogurt
- 30 ml (2 tbsp) of natural peanut butter
- 5 ml (1 tsp) of cinnamon
- 5 ml (1 tsp) of vanilla extract (optional)

Pancakes

- 1 cup of buckwheat flour
- 500 ml (2 cups) of water
- 15 ml (1 tbsp) of coconut oil or margarine

Preparation

1. In a bowl, mix all the spread ingredients until smooth. Set aside.
2. In another bowl, whisk the buckwheat flour and water until the batter is smooth. Stir in the raspberries if desired.
3. In a lightly oiled pan, pour a ladleful of batter and cook over medium heat for about 3 minutes per side, or until the edges are golden brown. Repeat with the remaining crepes.
4. Serve the crepes warm with the spread, fruit of your choice, and a drizzle of maple syrup.

Notes

Store in an airtight container in the refrigerator for 3 days. The spread can be stored separately for up to 5 days. The crepes can be frozen for up to 3 months.



Gabrielle Simard – Créatrice culinaire
Culinary Creator