
Hawaiian Buckwheat Pancakes

Description

Add a Hawaiian twist of bananas, coconut and macadamia nuts to traditional pancakes with this recipe created by Chef Michi.

Total time: 30 min Yield: 6 Servings

Ingredients

1 cup buckwheat flour
1 cup all purpose flour
1 1/2 tsp baking powder
1/2 tsp salt
1/4 tsp baking soda
2 cup low-fat buttermilk (divided)
2 eggs (lightly beaten)
2 Tbsp canola oil
pancake syrup (maple or coconut)
2 bananas (thinly sliced)
cooking spray
coconut flakes (sweetened)
1/2 cup macadamia nuts (chopped)

Prep Time: 30 min Total Time: 30 min

Instructions

Combine the buckwheat flour, all purpose flour, baking powder, salt and baking soda in a bowl and set aside. In another bowl, whisk together the buttermilk, eggs, canola oil and 1 tablespoon of pancake syrup. Stir the dry ingredients into the buttermilk mixture and add half of the sliced banana. Heat pan or griddle on medium heat, prepare with cooking spray and pour 2 to 3 tablespoons of batter per pancake onto the heated surface. Cook for 2 minutes or until batter starts to bubble, then flip and cook another 2 minutes.

Serve each stack of pancakes with banana slices, coconut flakes, and chopped macadamia nuts. Let everyone drizzle on their own syrup and enjoy!

Recipe brought to you by:

Chef Michi Holland

Source:

Chef Michi Watarai