

MILLET MEAL PANCAKE BREAD

Gluten Free* Dairy Free

Low Chemical

Makes ~6 pancakes

Ingredients:

- ½ cup of millet meal
- ½ cup buckwheat flour
- 1 Tbsp linseeds
- 1 tsp psyllium husks
- 1 Tbsp GF baking powder
- pinch of iodised salt
- 1 egg
- 1 cup water
- ½ cup rice or soy milk
- 30g melted Nuttelex



*NB: Millet meal and buckwheat could have 'may contain' statements for gluten on the packet. The millet meal I used in this recipe did. Recipe suitability is therefore dependent on your requirements and the products you can purchase.

The millet meal is a finer texture than cornmeal, but it still gives a grainy texture to the end product. You could replace this with quinoa flour or double the buckwheat flour, if you prefer.

Method:

- Melt the Nuttelex in the microwave and cool slightly.
- Whisk the egg in a bowl and add to this all the other liquid ingredients. Stir together.
- Combine and stir together all the dry ingredients (no need to sift) in a bowl.
- Add the liquid ingredients and stir until there are no lumps in the mixture.

Cooking:

- Heat a non-stick frypan, then add a dollop of Nuttelex to grease the pan.
- Spread a ½ cup of the batter into the pan and cook for 2-3 minutes.
- When bubbles appear, flip it over to cook the other side. Repeat this with the remaining mixture.

Serving suggestions:

These can be used in various ways:

- Sweet pancakes with maple syrup and pears (or banana if you tolerate this moderate amine)
- As a bread: Use each pancake as a slice of bread and place a filling between like chicken or egg with lettuce and homemade mayonnaise
- As a wrap: make 4 bigger pancakes to use as wraps....more likely to break when rolled though.