

Blueberry Pancakes

Preparation Time: 10 min

Cooking Time: 10 min

Servings: 4

Ingredients

- 2 Eggs, separated
- 1½cup Chestnut flour
- 2¼tsp Gluten-free baking powder
- 3tbsp Honey
- ¾tsp Salt
- ¾cup Water
- 3tbsp Ghee, melted
- 1cup Blueberries, fresh or frozen



Method

Sift the flour, baking power and salt into a large bowl.

Lightly beat the egg yolks and water.

Add the egg mixture to the flour mixture and mix to combine and work out any lumps. Stir in the melted ghee and honey.

Beat the egg whites until soft peaks form. Fold egg whites into the batter mixture until just combined.

Place a large frypan over medium heat and grease with a little extra ghee.

Drop large spoonfuls of batter into the frypan. Depending on the size of the frypan you may get up to three 15cm diameter pancakes in the pan at one time. Top each pancake with approximately 8 blueberries. Cook until bubbles start to form on the upper surface of each pancake. Turn the pancakes and cook for a further 2-3 minutes until the pancakes are cooked through.

NOTE: due to the honey content of the pancakes, they burn easily. It is important not to cook the pancakes on too high a heat. Medium heat works best.

To serve, butter the pancakes with ghee and drizzle with your best, thickest honey. We find that Blackbutt honey has almost the same taste and consistency as golden syrup - hmmm delicious!!