

Buckwheat pancakes with baked pears (gluten free)

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Buckwheat pancakes are a delicious way to start the day. Serve with baked pears, pecan nuts and maple syrup.

Ingredients (serves 4)

- 4 small pears
- ¼ cup (60 ml) maple syrup
- ½ cup (70 g) [buckwheat](#) flour
- ½ cup (60 g) quinoa flour
- 1½ tsp (6 g) gluten-free baking powder
- ¾ cup (180 ml) rice milk
- 1 free-range egg, lightly beaten
- ½ tsp orange rind, finely grated
- 1 tbsp butter for cooking
- Fat-reduced Greek-style plain yoghurt, to serve
- ⅓ cup (45 g) roasted pecan nuts, roughly chopped, to serve
- Maple syrup to serve

Method

Preheat the oven to 180°C. Line a flat baking tray with kitchen baking paper. Cut the pears in half,

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scooping out the seeds and leaving the stalks and skin intact. Place the pears onto the tray cut side up and drizzle with maple syrup. Bake the pears for 30 to 40 minutes or until they are tender. Turn the pears over halfway through the cooking time.

Meanwhile, to make the pancake batter, sift the buckwheat flour, quinoa flour and baking powder into a medium bowl. Make a well in the centre. Combine the rice milk, lightly beaten egg and orange rind and pour into the centre of the flour. Whisk together the wet and dry ingredients until a smooth batter is formed.

Heat a frying pan over medium heat and add a little butter, allowing it to bubble before starting to cook the pancakes. Use a quarter of a cup to place batter in the pan, cooking two pancakes at a time. Cook on the first side for two minutes or until small bubbles begin to appear within the batter, then turn the pancakes over and cook them for a further one minute.

Place the pancakes onto a baking tray, cover them loosely with foil and place the tray into the oven to keep warm while cooking the remaining pancakes.

To serve, place two warmed pancakes on each plate and top with two baked pear halves, a portion of yoghurt and a sprinkling of roasted pecan nuts. Drizzle with maple syrup.

NOTE: To roast the pecan nuts, place them onto a second baking tray and bake them in the oven with the pears for 10-15 minutes or until they are lightly toasted, tossing them once during cooking.

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Photo credit: Andre Martin

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