

## ***Rye flour pancakes with blueberries***

*These delicious pancakes make a great breakfast or brunch. Rye flour is a good alternative for people who are trying to eat less wheat. The blueberries are rich in plant compounds called flavonoids that act as antioxidants in the body and have been shown to help protect against disease.*

***Serves 4 (makes 12 pancakes)***

***260 calories per serving***

### ***Ingredients***

#### ***Pancakes***

*100g wholemeal rye flour*

*Pinch of salt*

*2 eggs*

*150ml almond milk*

*1 tbsp extra virgin coconut oil*

#### ***Compote***

*300g blueberries*

*1/2 tsp ginger, peeled and grated*

*1/4 lime, juiced*

*2 tsp honey*

*120g zero fat, thick Greek yoghurt*



### ***Method***

- 1. Place the flour and salt in a large bowl.*
- 2. Separate the eggs and add the yolk to the bowl with the flour. Pour in the almond milk and beat with a wooden spoon.*
- 3. Place the egg white in a medium-sized bowl and whisk until soft peaks start to form.*
- 4. Fold 1 tbsp of the egg white into the pancakes batter then add the remaining egg white and fold very gently to retain the air.*
- 5. Heat the oil in a large non-stick frying pan. Add 1 tbsp of the mixture at a time to the pan (you will be able to fit 4-6 pancakes per batch). Once air bubbles start to form on the top of the pancakes (after about 1-2 minutes), flip them over and cook for a further 1-2 minutes until lightly browned. Transfer the pancakes to a plate and repeat until all the pancakes are cooked (keep them warm by covering the plate with foil).*
- 6. To make the compote, place the blueberries, ginger, lime juice and honey in a small saucepan and bring to the boil, stirring gently. Once boiling, turn down the heat and cook*

*gently for about 5 minutes until some of the blueberries start to burst. Once done, remove the pan from the heat.*

- 7. To serve, place 3 pancakes per person on a small plate, spoon over the compote and top with 1 tbsp of yoghurt.*