Buckwheat Pancakes

* 1 cup of organic buckwheat flour (we use Doves)
* 2 tablespoons of coconut blossom sugar
* 1 teaspoon baking powder gluten-free
* 1 teaspoon of bicarbonate of soda
* 2 tablespoons chia seeds
* 1 ¼ cup of coconut or oat milk
* ½ teaspoon vinegar

Blitz all ingredients in a blender till smooth.

Melt coconut oil in a hot fry pan and dollop in pancake batter, when bubbles burst flip over pancake to cook on other side. Keep warm whilst cooking more pancakes.

Serve with lots of fresh fruit and maple syrup

NB the uncooked pancake batter will keep in fridge for up to three days.