



Buckwheat & Roasted Pumpkin Pancakes

Ingédients (for 4 pancakes) :



45 minutes

- 100 g buckwheat flour
- 1 egg (or plant-based substitute)
- 200 ml milk (or plant-based drink)
- ½ tsp salt
- 300 g pumpkin (butternut or red kuri)
- 1 tbsp olive oil
- Seasonal herbs (rosemary, thyme, or sage)
- Optional: grated cheese or nutritional yeast

Instructions:

1. Preheat oven to 200°C / 390°F. Cut pumpkin into cubes, drizzle with oil, sprinkle herbs, and roast for 25 min.
2. In a bowl, mix flour, egg, milk, and salt until smooth.
3. Heat a lightly oiled pan. Pour a ladle of batter, cook 2-3 min per side.
4. Top each pancake with roasted pumpkin and, if desired, cheese or nutritional yeast.
5. Serve warm, with a salad or a drizzle of flavored oil.

Recipe by Plumes des Étoiles