

Swedish Pancake Cake

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/whole-wheat-swedish-pancake-recipe>

Ingredients:

- 1 2/3 cups buckwheat flour
- 3 large eggs or 4 medium
- 2 1/8 cups soy milk or milk of your choice
- 1 tablespoon butter plus extra for frying
- 1 pinch sea salt
- 3 bananas ripe, sliced thin
- 1 7/16 cups raspberries mashed with a fork
- 1 1/3 cups blackberries mashed with a fork
- 3 7/8 tablespoons nut butter
- 1/2 cup date syrup soft dates mixed with a splash of water in a blender
- 2 1/8 cups cream thick, chilled
- 1 cup raspberries
- 3/4 cup blackberries
- 2 tablespoons pistachio nuts chopped

Nutrition:

1. Calories: 1080 calories
2. Carbohydrate: 121 grams
3. Cholesterol: 265 milligrams
4. Fat: 58 grams
5. Fiber: 21 grams
6. Protein: 31 grams
7. SaturatedFat: 25 grams
8. Sodium: 430 milligrams
9. Sugar: 52 grams

Thank you for visiting our website. Hope you enjoy Swedish Pancake Cake above. You can see more 16 whole wheat swedish pancake recipe Get cooking and enjoy! to get more great cooking ideas.