

Valentines Pancakes

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/valentines-breakfast-recipe>

Ingredients:

- 1/2 cup beetroot puree
- 1 cup buckwheat flour
- 1 teaspoon baking powder
- 1 cup unsweetened almond milk or any other milk
- 2 teaspoons vanilla extract
- 1 teaspoon canela
- 1 tablespoon rice syrup or any other liquid sweetener, optional
- 1 pinch salt
- coconut oil for frying

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 27 grams
3. Fat: 1 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. Sodium: 230 milligrams
7. Sugar: 3 grams

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