

Serves 12

Ingredients	Quantity	Common allergens present	Alternative ingredients/modifications
Orgran Buckwheat pancake mix	2 packets		
water	900mL		
Orgran egg replacer mixed	6 tsp mixed with 6 tbsp water		
Nuttelex margarine, melted	2 tbsp		
Maple syrup	200mL		
Lemons	2 pieces/serve		
Sugar sachets	12		

Method

1. Melt Nuttelex.
2. Mix egg replacer with water to form paste.
3. Mix egg replacer and Nuttelex together.
4. Using a whisk, mix well pancake mix with water to form a consistency exactly like pouring cream.
5. Mix pancake mix and egg replacer/Nuttelex mixes together.
6. Pre-heat flat grill to low-med heat.
7. Using beer jugs, pour pancake mix onto flat grill and cook, turning once till cooked.
8. Serve pancakes with maple syrup, lemon and sugar.



Common allergens present:				
<input type="checkbox"/> Wheat	<input type="checkbox"/> Gluten	<input type="checkbox"/> Egg	<input type="checkbox"/> Peanut	<input type="checkbox"/> Tree nut
<input type="checkbox"/> Cow's milk	<input type="checkbox"/> Fish	<input type="checkbox"/> Shellfish	<input type="checkbox"/> Sesame	<input type="checkbox"/> Soy
<input type="checkbox"/> Lupin				