**Healthy pancakes with fresh berry sauce**

(Serves 4)

175g fresh berries (raspberries, blueberries, strawberries etc)  
225g buckwheat flour or wholewheat flour  
1 tsp baking powder  
½ tsp of ground cinnamon  
A pinch of salt  
275ml of skimmed milk (or rice milk)  
1 large egg, beaten  
1 tbsp of olive oil  
Drizzle of honey, if desired

1. Mash all the berries you are using together a little to make a chunky sauce - or if you prefer a finer sauce blitz in a food processor
2. Next mix together the buckwheat flour, baking powder, cinnamon and salt
3. Add the milk whilst constantly beating, then add the egg, whisking constantly to make a smooth batter
4. Heat a frying pan, adding a little olive oil for greasing, then ladle some of the pancake mixture into the pan to make a thin pancake
5. Cook for 2-3 minutes then turn over to brown the other side. Set aside and keep warm whilst you cook off the rest of the pancakes.
6. Serve 2-3 pancakes per person, heap with berry sauce and drizzle with a little honey if using