

BLINI'S WITH HUMMUS & SMOKED SALMON



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per serving:
230 kcals
26g Carbs
10g Fats
12g Protein

INGREDIENTS:

- 1 cup (120g) buckwheat flour
- 1 tsp. baking powder (gluten free)
- 1 tsp. salt
- 1 egg, separated
- ½ cup (125ml) of sparkling water
- 1 tbsp. coconut oil, for frying
- ½ cup (120g) hummus
- 3.5 oz. (100g) smoked salmon
- black pepper, to taste
- handful parsley, dill or chives, to serve

PREPARATION:

- Sieve the buckwheat flour, baking powder and salt into a bowl.
- Beat the egg yolk with almond milk and pour, stirring in the flour. Keep stirring until you have a smooth batter. Beat the egg whites until stiff. Carefully fold into the batter.
- Heat some oil in a frying pan. Spoon small mounds of batter into the pan and fry on both sides until golden brown on medium heat. Flip them when bubbles come to surface.
- Brush the blini's with hummus and divide the salmon on top. Grind some pepper and garnish with herbs.

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