

Buckwheat Omelets



Serves  

Ingredients

3 eggs
25 g of buckwheat flour
100 ml milk
125 g white yogurt
2 tablespoons blueberry jam (or berries in general)
salt
extra virgin olive oil

Method

Put the flour into a bowl and pour the milk, leave to stand for half an hour. Then, beat the eggs, add salt and the mixture of milk and flour. Heat a tablespoon of oil in a frying pan and pour the mixture. Once the base is cooked, with the help of a plate or a lid, turn the omelette and cook for another 2-3 minutes. I made four omelets, having used a smaller pan. The choice is yours.

In a small bowl, prepare the sauce by combining the yogurt with the blueberry jam, serve with omelets.