

Recipe

FABULOUSLY HEALTHY BUCKWHEAT PANCAKES



► Vegan, gluten-free, refined sugar-free, nut-free

► **Yield:** 2-3 servings (10-12 small pancakes)

Prep Time: 5 min

Cooking Time: 20 min

► **Total Time:** 25 min

INGREDIENTS: PANCAKES

- 1 cup (128 g) buckwheat flour (GF if desired)
- 2 very ripe bananas
- 3/4 cup (175 ml) plant milk
- 1 Tbsp ground flaxseeds
- 1 tsp (5 g) baking powder
- 1 tsp (5 g) ground cinnamon
- 1 tsp (5 ml) pure vanilla extract
- 1/4 tsp salt
- 1/4 tsp pumpkin pie spice

INGREDIENTS: OPTIONAL TOPPINGS

- Nut butter, like peanut or almond butter
- Jam, like this homemade chia seed jam
- Maple or agave syrup
- Fresh berries or stewed frozen berries
- Banana coins
- Melted chocolate

DIRECTIONS

1. Mash bananas in a large bowl. Add all remaining ingredients and stir until well combined.
2. Preheat a frying pan over medium heat. Add about 1 tsp of coconut oil to the pan to prevent sticking. Dollop spoonfuls of batter into the pan, making pancakes of about 2 inches (5 cm) in diameter.
3. Add desired toppings (I always go for a nut butter and some stewed frozen berries). Enjoy!

NOTES

1. **Variations:** Vary it up by adding new toppings each time!
2. **Batch-make:** you can make this in batch and freeze for on-the-go breakfasts. Simply pop in the toaster or back in the oven to defrost and enjoy
3. **Storage:** best if enjoyed immediately, or freeze with parchment paper in between each pancake so they don't stick together and enjoy within a month.

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