

# Gluten Free Buckwheat Pancakes



Prep Time - 5 mins; Cook Time - 8 mins (Total Time 13 mins); Servings: 6; Calories: 168 kcal

## Ingredients

- 3/4 cup buckwheat flour
- 1/2 cup brown rice flour
- 2 tbsp flaxmeal
- 1 tsp baking powder
- 1 tsp cinnamon
- 1/4 tsp salt
- 1 1/4 cup non-dairy milk
- 1/4 cup pure maple syrup
- 1 tsp pure vanilla extract

## Instructions

1. Whisk the dry ingredients together.
2. Whisk the wet ingredients together.
3. Pour the dry ingredients into the wet ingredients and mix until just combined.
4. Heat a large skillet over medium heat and spray with cooking spray. When the skillet is hot, using a 1/4 measuring cup (1/3 is fine too, for a bit larger pancakes), pour in the batter. Do not crowd the pan.
5. When bubbles start to form and pop on the top of the batter, flip it over, and cook for another couple of minutes until cooked through. Adjust the heat as necessary. Repeat for remaining batter.
6. Serve warm with your favorite toppings. We love these with fresh bananas and berries .

## Nutrition Facts

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Amount Per Serving	
<b>Calories</b> 168	Calories from Fat 18
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 142mg	<b>6%</b>
<b>Potassium</b> 147mg	<b>4%</b>
<b>Total Carbohydrates</b> 36g	<b>12%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 11g	
<b>Protein</b> 4g	<b>8%</b>
Vitamin A	2%
Vitamin C	0%
Calcium	13%
Iron	9%

\* Percent Daily Values are based on a 2000 calorie diet.