

Gluten and Dairy Free Buckwheat Pancakes - Hearty & Filling!

Makes ½ dozen 4” pancakes (can also be used to make waffles)

Dry Ingredients

½ cup buckwheat flour

½ cup brown or white rice flour

½ tsp salt

1 tbs sugar, brown sugar or honey

2 tsp baking powder

½ tsp xanthan gum

Wet Ingredients

2 eggs

2 tbs coconut oil (or melted butter if you can tolerate)

½+ cup water (can substitute some maple syrup for part of the water, if desired)

Whisk together dry ingredients. Stir in eggs and coconut oil/butter. Gradually add water and stir. Add more water as needed to make the batter as thick as you like it – the thicker the batter, the thicker the pancakes.

Heat griddle until sizzling hot, brush with coconut oil, butter or spray with non-stick cooking spray, and drop or pour batter. Spread to thin if desired. Cook until bubbles show on the surface and the underside is golden brown. Flip and cook until brown on the other side and serve with maple syrup or as desired.

Note: The cooked pancakes (or waffles) can be frozen and reheat well in the microwave.