

Buckwheat Cakes

HolisticQ signature recipe

These buckwheat pancakes are a grand slam! You will make them your own with simple changes or additions to this recipe! Try them as written first, then go for it with your favorite ideas!

Because Buckwheat is neither a grain nor related to wheat, buckwheat is gluten-free and safe for those with celiac disease and gluten sensitivities.

Ingredients: All Organic

- 1 cup Buckwheat flour
- 1/2 cup oat flour (try Spelt flour also)
- 1/2 cup rolled oats
- 1 tsp salt
- 1 tsp baking powder
- 1 tsp baking soda
- 1 TBS Turbinado sugar (optional)
- 1 1/4 cups buttermilk
- 1 tsp vanilla extract
- 2 large eggs
- 1/4 cup coconut oil

Make the cakes!

Preheat skillet or griddle

Combine dry ingredients and whisk. Add in the beaten eggs, buttermilk, vanilla, and oil. mix until well combined.

Cook as you would any other pancake...and serve with pure maple syrup and fruit of choice!

Pictured with cooked topping consisting of 8oz of blueberries, sliced apple, 1 tsp cinnamon, and 1/3 cup maple syrup. Cook until reduced. Hemp seeds added as a garnish and for added protein.