

Gluten Free Buckwheat Pancakes



I have been working for a while on a simple gluten-free, dairy-free pancake recipe that could serve as the perfect base for adaptations. I wanted a recipe that took a few minutes to prepare, and whether you were familiar with gluten-free pancakes or not, your result would be delicious, and most importantly, stress-free. These pancakes are fantastic topped with fresh, chopped berries and/or spread with Date Puree instead of syrup (for those of you trying to increase fiber intake).

It's important to know that contrary to the name, buckwheat doesn't contain wheat—it's gluten-free and an excellent source of fiber and protein.

The pancake recipe has been adapted from the "Naturally Nutritious Wholefood Cookbook" by Heidi du Preez & Karen Werge Tilney.

Buckwheat Pancakes (makes 20-25 medium pancakes)

Ingredients

3 large eggs

¼ cup olive oil

2 ½ cups milk

½ cup HCW Buckwheat Flour

1 cup HCW Chickpea Flour

½ cup HCW Oat / Rice Flour

1 tsp salt

Oil for frying

Method

1.

Mix the eggs, oil and water well.

2.

Sift the dry ingredients into the liquid mixture and mix well. Allow the mixture to rest for 30 minutes.

3.

Fry the pancakes in a medium to hot lightly oiled pan.

4.

Serve with a sweet or savoury filling.