

Buckwheat Pancakes

Makes 5 to 7 Pancakes

1 heaping cup buckwheat flour
¼ cup tapioca flour
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon sea salt
1 to 1 ½ cups hemp, almond, soy, or rice milk
1 organic egg
2 tablespoons melted virgin coconut oil or organic butter
1 tablespoon maple syrup or agave nectar

virgin coconut oil or organic butter for cooking

1. In a medium bowl mix together the dry ingredients. In a separate bowl whisk together the wet ingredients. Add the wet to the dry and gently mix until ingredients are combined. Let the batter sit a few minutes to thicken up.
2. Heat a thick-bottomed stainless steel skillet over medium heat. Add a few teaspoons of coconut oil or butter. When skillet has heated, add about ½ cup of batter. Cook for about 1 to 2 minutes or until top begins to bubble, flip and cook for a minute or so more on the other side. Repeat this process until all of the batter has been used. Add a little coconut oil or butter in between cooking each pancake to prevent sticking.
3. Place pancakes onto a warm plate and serve.