

## BUCKWHEAT PANCAKES

<b>Prep time</b> 10 mins	<b>Cook time</b> 20 mins	<b>Total time</b> 30 mins
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Serves: 6-8

### Ingredients

- 2 cups of buckwheat groats
- 2 cups of milk alternative (rice milk, almond milk)
- 1 egg (ok to not do egg if diet requires)
- 2 TBSP olive oil
- 1 tsp salt
- 1/2 tsp baking soda
- 2 tsp baking powder

### Instructions

1. Scoop 2 cups buckwheat groats into blender & grind to a flour (note that groats grind super easily and provide fresher flour).
2. Pour fresh ground flour into a medium sized bowl
3. Pour 2 cups of milk or milk alternative into blender
4. Add 2 TBSP olive oil to blender
5. Add back buckwheat flour back into blender. Blend until thoroughly mixed.
6. Add 1/2 tsp baking soda
7. Add 2 tsp of baking powder (Rumford's Aluminum free baking powder – available at most grocery stores)
8. Blend or mix briefly (over blending baking soda & powder will result in less fluffy pancakes)
9. Bake on hot waffle iron or griddle



Buckwheat is really a grass; therefore it is a gluten free grain. It is a staple in Himalayan countries like India. Buckwheat is a high protein grain similar to spelt, but it is limited in the amino acid tryptophan. It is a very good source of B vitamins as well as the minerals manganese, magnesium, phosphorus, copper, iron, zinc, selenium, & potassium. It also contains phytochemicals which act as antioxidants in the body.

This recipe is adapted from Sue Gregg's *Eating Better Cookbooks*, the *Breakfasts* book. This is a wonderful series of books for those looking for fast and easy whole food cooking.

## BUCKWHEAT GROATS BOILING INSTRUCTIONS

<b>Prep time</b> 2 mins	<b>Cook time</b> 20-30 mins	<b>Total time</b> 22-32 mins
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To prepare like you would oatmeal, use about 2 cups water per cup of buckwheat groats. Bring to boil, reduce heat and simmer 20-30 minutes or until tender, not crunchy (add extra water, if needed). Then add fruit like blueberries or add a protein like sliced almonds or a TBSP of your favorite nut butter. For a main dish or side dish, cook onions with the buckwheat and add some herbs and sea salt during the last 10 minutes of cooking time. For kasha, use slightly less water and reduce cooking time to 15-20 minutes

