

Recipe

BAKED BUCKWHEAT PANCAKES



► Vegan, gluten-free, refined sugar-free, nut-free

Yield: 2 servings (10 small pancakes)

Prep Time: 5 min

Cook Time: 20 min

Total Time: 25 min

INGREDIENTS: PANCAKES

3/4 cup (105g) buckwheat flour (GF if desired)
 3 very ripe bananas
 1/4 cup (60mL) soy milk, or other plant milk
 1.5 Tbsp (20mL) coconut oil
 1 Tbsp (15g) ground flax seeds
 1/2 Tbsp (7g) baking powder
 1/2 Tbsp (7g) ground cinnamon
 1 tsp (5mL) pure vanilla extract
 1/4 tsp salt

INGREDIENTS: OPTIONAL TOPPINGS

Nut butter, like peanut or almond butter
 Jam, like this homemade chia seed jam
 Maple or agave syrup
 Fresh berries or stewed frozen berries
 Banana coins
 Melted chocolate

DIRECTIONS

1. Preheat oven to 350 F/ 180 C.
2. Mash bananas in a large bowl. Add all remaining ingredients and stir until well combined. Spoon onto a baking tray lined with baking paper to create 8-10 pancakes.
3. Bake in the oven for 20 minutes.
4. Add desired toppings (I always go for a nut butter and some stewed frozen berries). Enjoy!

NOTES

1. **Variations:** Vary it up by adding new toppings each time!
2. **Batch-make:** you can make this in batch and freeze for on-the-go breakfasts. Simply pop in the toaster or back in the oven to defrost and enjoy!
3. **Storage:** best if enjoyed immediately, or freeze with parchment paper in between each pancake so they don't stick together and enjoy within a month.

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