

GLUTEN FREE BUCKWHEAT PANCAKES (OR BLENDED WITH REGULAR FLOUR)

INGREDIENTS

- Vegetable oil for coating the pan
- 3/4 cup (100g or 3.5 oz) buckwheat flour
- 3/4 cup (100g or 3.5 oz) all-purpose flour (can sub with buckwheat flour for a 100% gluten-free buckwheat pancake if you wish) We love our buckwheat so use 100% Buckwheat.
- 3 Tbsp sugar
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 3 Tbsp unsalted butter, melted
- 1 egg (optional)
- 2 cups (475 ml) buttermilk (We use almond milk with lemon juice 1 Tbsp per cup)
(Note these can be vegan if you use the buttermilk alternative and skip the egg and Butter)

1 Pre-heat skillet: Heat a well-seasoned griddle, cast iron skillet, or stick-free pan on medium heat. The pan or griddle should be ready for the batter as soon as it is mixed.

2 Make pancake batter: Whisk together the dry ingredients—the flours, sugar, salt, baking soda—in a large bowl.

In Pour the melted butter over the dry ingredients and start stirring.

Beat the egg with a fork and stir it into half of the buttermilk. Add the buttermilk/egg mixture to the dry ingredients, then slowly add in the rest of the buttermilk as needed to get to the right consistency for your batter (you may not need all of the buttermilk, depending on what type of buttermilk you are using and the brand of flour).

Stir only until everything is combined. Do not over-mix! A few lumps are fine.

3 Ladle batter onto hot pan: Put a small amount (a half teaspoon) of vegetable oil on the pan or griddle and spread it around with a paper towel to coat.

Ladle the batter onto the hot surface to the desired size, about 4-5 inches wide. (A 1/4 cup measure will ladle about a 4-inch pancake.) Reduce the heat to medium-low. Allow the pancake to cook for 2-3 minutes on this first side.

4 Flip pancakes over to other side: Watch for bubbles on the surface of the pancake. When air bubbles start to rise to the surface at the center of the pancake, flip the pancake. Cook for another 1-2 minutes, or until nicely browned.

5 Keep finished pancakes warm: Keep your pancakes warm on a rack in the oven set on "warm," or stack them on a plate and cover with a towel as you make more. Spread more oil on the pan as needed between batches of pancakes.

Serve with butter and maple syrup.

OATMEAL PANCAKES

INGREDIENTS

- 1 cup old-fashioned rolled oats
- 1 cup milk, regular or non-dairy
- 2 large eggs
- 1 tablespoon unsalted butter, plus more for cooking
- 1 tablespoon granulated sugar
- 2/3 cup all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground cinnamon (optional)

INSTRUCTIONS

1. Whisk 1 cup rolled oats and 1 cup milk together in a large bowl. Let stand for 10 minutes for the oats to soften. Meanwhile, melt 1 tablespoon unsalted butter and set it aside to cool.
2. Add the butter, 2 eggs, and 1 tablespoon granulated sugar to the oats, and whisk to combine. Add 2/3 cup all-purpose flour, 2 teaspoons baking powder, 1/4 teaspoon kosher salt, and 1/4 teaspoon ground cinnamon, if desired, and whisk until just combined; do not overmix. Let stand for 5 minutes more. Meanwhile, heat a large cast iron or nonstick skillet over medium-high heat.
3. Add 1 teaspoon butter to the pan and swirl to coat. Drop the batter into the pan in 2-tablespoon portions, cooking 3 at a time. Cook until bubbles appear on the surface, the edges begin to look dry, and the bottoms are golden-brown, about 3 minutes. Flip the pancakes and cook until the other side is golden-brown, 2 to 3 minutes more.
4. Transfer the pancakes to a warm oven or plate. Repeat cooking the remaining batter, using 1 teaspoon butter for each batch.

BANANA PANCAKES

INGREDIENTS

FOR PANCAKES

- 1-1/2 cups all purpose flour, spooned into measuring cup and leveled off
- 2 tablespoons sugar
- 2-1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 small, over-ripe banana, peeled (the browner, the better)
- 2 large eggs
- 1 cup plus 2 tablespoons low fat milk
- 1/2 teaspoon vanilla extract
- 3 tablespoons unsalted butter, melted
- Vegetable oil or Unsalted butter (for cooking)

FOR SERVING

- Maple syrup
- Sliced bananas
- Confectioners' sugar (optional)

INSTRUCTIONS

- In a medium bowl, whisk together the flour, sugar, baking powder and salt.
- In a small bowl, mash the banana with a fork until almost smooth. Whisk in the eggs, then add the milk and vanilla and whisk until well blended. Pour the banana mixture and the melted butter into the flour mixture. Fold the batter gently with a rubber spatula until just blended; do not over-mix. The batter will be thick and lumpy.
- Set a griddle or non-stick pan over medium heat until hot. Put a pad of butter and one tablespoon vegetable oil onto the griddle, and swirl it around. Drop the batter by 1/4-cupfuls onto the griddle, spacing the pancakes about 2 inches apart. Cook until a few holes form on top of each pancake and the underside is golden brown, about 2 minutes. Flip the pancakes and cook until the bottom is golden brown and the top is puffed, 1 to 2 minutes more. Using the spatula, transfer the pancakes to a serving plate.
- Wipe the griddle clean with paper towels, add more butter and oil, and repeat with the remaining batter. Serve the pancakes while still hot with maple syrup, sliced bananas and confectioners' sugar if desired.

CINNAMON APPLE PANCAKES

INGREDIENTS

- 2 cups whole wheat flour
- 4 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2 large eggs
- 2 cups fat-free milk
- 2 tablespoons honey
- 1 tablespoon canola oil
- 1 medium apple, chopped

DIRECTIONS

- In a bowl, whisk together first four ingredients. In another bowl, whisk together eggs, milk, honey and oil; add to dry ingredients, stirring just until moistened. Stir in apple.
- Preheat a lightly greased griddle over medium heat. Pour batter by 1/3 cupfuls onto griddle; cook until bubbles on top begin to pop and bottoms are golden brown.

WHOLE WHEAT PANCAKES

INGREDIENTS

- 1 cup milk of choice
- 1 tablespoon apple cider vinegar or distilled white vinegar
- 1 cup white whole wheat flour or regular whole wheat flour
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¼ teaspoon ground cinnamon
- 1 egg
- 2 tablespoons unsalted butter, melted
- 2 tablespoons maple syrup or honey
- 1 teaspoon pure vanilla extract

INSTRUCTIONS

- In a 2-cup liquid measuring cup, combine the milk and vinegar. Stir to combine and let this homemade “buttermilk” mixture rest until it is lightly curdled, at least 5 minutes.
- In a medium bowl, whisk together the flour, baking powder, baking soda, salt and cinnamon.
- To the buttermilk mixture, add the egg, melted butter, maple syrup, and vanilla. Whisk until thoroughly blended.
- Pour the liquid mixture into the flour mixture. Stir just until combined (a few small lumps are okay). Let the batter rest for 5 minutes so your pancakes will be nice and fluffy.
- Meanwhile, if you are using an electric skillet, preheat it to 375 degrees Fahrenheit. Otherwise, heat a heavy cast iron skillet or nonstick griddle over medium-low heat. You’re ready to start cooking pancakes once a drop of water sizzles on contact with the hot surface. If necessary, lightly oil the cooking surface with additional butter, oil, or cooking spray (nonstick surfaces likely won’t require any oil).
- Gently stir the batter one last time, in case the liquid has separated. Using a ⅓-cup measuring cup, scoop batter onto the warm skillet, leaving a couple of inches around each pancake for expansion.
- Cook until small bubbles form on the surface of the pancakes, 2 to 3 minutes (you’ll know it’s ready to flip when about ½-inch of the perimeter is matte instead of glossy). Flip the pancakes, then cook until lightly golden on both sides, 1 to 2 minutes more.