



Gluten Free banana pancakes



These are my go to pancakes for my particular (aka picky) kids. Usually one will like something I make and the other won't but this is a hit with both the kids as well as the husband. They are gluten free, you can make them dairy free if you replace the butter with something like coconut oil, and paleo if you stick with buckwheat or almond flours and replace the butter with coconut oil.

Buckwheat is gluten free seed that is packed with nutrients like protein, fiber, antioxidants (such as flavonoids like rutin), and vitamins and minerals such as manganese, magnesium, copper, and phosphorus. It provides all 8 essential amino acids, building blocks of proteins that have to be obtained from food². It specifically includes the essential amino acid lysine, which is not found in most other whole grains or cereals, so buckwheat is a great source for vegans/vegetarians¹. Buckwheat has also been shown to be beneficial in cardiovascular health and with blood sugar control².

As these pancakes have just a hint of sweetness, the kids add maple syrup but I will eat them plain or topped with nuts or nut butter because I don't like breakfasts that are too sweet. I hope you agree they are delicious- no matter how they are topped!
Sharmila

Please Remember :
I am not a chef and don't even particularly like cooking!

However,
I LOVE the way I feel when I eat healthy and know the importance of food as a nutrition consultant.

If I can
make these types of dishes, you can too!

DRY INGREDIENTS

1 C buckwheat flour
3/4 C Bob's Red Mill All Purpose OR almond flour
1/2 tsp salt
1 1/2 Tbs cinnamon
1/4 tsp baking soda
1 1/2 tsp baking powder

WET INGREDIENTS

2 large eggs
1 C coconut milk
2 tsp maple syrup
2 tsp vanilla extract
2 Tbs melted butter
1 mashed ripe banana

DIRECTIONS

1. In a large mixing bowl, combine all of the dry ingredients and set aside.
2. In another mixing bowl, mix the coconut milk, eggs, vanilla extract, mashed banana, and butter.
3. Mix the wet and dry ingredients.
4. Preheat a sauté pan to medium-low heat and brush with a bit of butter or oil.
5. Scoop about 1/3 cup batter onto warm skillet. Cook for a few minutes, until small bubbles form on the surface of the pancake.
6. Then flip to the to other side and cook for about the same time. When done, transfer onto a plate and serve.



This recipe makes about 2 dozen small pancakes. I usually make them the night before and store in a ceramic or glass container. The next morning I pop it in the toaster oven to reheat and breakfast is ready!

Reference

- 1 Axe, Josh (2015) Buckwheat Nutrition and Health Benefits <https://draxe.com/buckwheat-nutrition>
- 2 WH Foods Buckwheat <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=11>