

Buttermilk Buckwheat Pancakes

Buckwheat is commonly mistaken as a grain, but is actually the seed of the plant. This is partly why it is often considered a “super food”. Because buckwheat is a seed and not a grain it is low on the glycemic index, meaning it’s less likely to cause a spike in your blood sugar. Buckwheat is high in fiber, magnesium, folic acid, copper and manganese. Not only do these pancakes make a great breakfast, they also work well as a snack. I’ve even used them for road trip snacks for my toddler.

Serves 3-4

1 cup buckwheat flour

2-4 tablespoons brown sugar

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1/4 teaspoon ground cinnamon

1 egg

1 cup low-fat buttermilk

1 tablespoon oil

Optional: 1 cup fresh or frozen blueberries

In a large bowl, combine the flour, brown sugar, baking powder, baking soda, salt and cinnamon. Whisk the egg, buttermilk, and oil in a separate bowl. Stir into dry ingredients just until moistened. Add blueberries if using. Pour batter by 1/4 cupfuls onto nonstick pan heated over medium-high heat and coated with high-heat safflower oil or some other mild high-heat safe oil. Turn when bubbles form on top of pancakes. Cook until second side is golden brown.

I serve these with organic vanilla yogurt and just a drizzle of maple syrup. I also add sliced organic strawberries on top (when they’re in season).