

Gluten Free Buckwheat Quinoa Blueberry Pancakes

Perfect Sunday morning breakfast.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 10 mins

Cooking time: 10 mins

Category: Breakfast

Complexity: Simple to moderate

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Buckwheat flour	0.5 cup
Quinoa flour	0.5 cup
Coconut sugar, coconut	2 x 1 tsp
Baking powder	1 teaspoon
Baking soda	0.5 teaspoon
Salt, sea salt	1 dash
Vanilla extract	1 teaspoon
Orange peel	1 tablespoon
Flax seeds, not fortified	1.5 tablespoon
Almond milk, plain or original, unsweetened	1 cup
Earth balance, vegan shortening	1 x 1 tbsp
Blueberries, cooked, unsweetened	0.75 cup

Instructions

The orange peel in the ingredients is meant to signify the zest or one orange.

Earth balance butter can be substituted with coconut oil or olive oil.

1. Grind 1.5 tbsp of whole flax seeds in a coffee grinder. Place in a small bowl and mix in 3 tbsp of water until smooth. Set aside.
2. In a bowl, combine flour, sugar, baking powder, baking soda and salt.
3. In another bowl combine, nut milk, vanilla, flax seed mixture and orange zest. Pour wet ingredients into dry ingredients and mix until well combined. Gently fold in fresh or frozen blueberries.

4. In a large cast iron skillet, heat oil over medium heat and pour mixture to make desired sized pancakes. Wait until bubbles appear on the surface, and pancakes turn easily and then flip to cook for another few minutes until evenly cooked on both sides.
5. Serve hot with maple syrup and sliced bananas.