Vegan & Gluten-Free Spiced Buckwheat Pancakes

Cook Time: 0 min prep Time: 0 min total Time: 0 min servings: 0
Ingredients:

Pancakes:

- 1 tbsp flax seeds
- 1/2 cup buckwheat flour
- 1/2 cup chestnut flour (or almond flour)
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 tsp cinnamon powder
- 1/2-1 tsp cardamom powder
- 1 tbsp vanilla protein powder (optional)
- 1 small ripe banana, mashed
- 1 cup unsweetened almond milk (or other non-dairy milk)
- 6-8 drops liquid stevia (optional)
- 1 tbsp coconut oil

Berry Date Chia Jam:

- 1/4 cup soft dates
- 1/2 cup raspberries (I used frozen)
- 2 tbsp chi seeds
- 1 tbsp water, lemon juice or maple syrup

Instructions:

1. Grind the flax seeds in a spice grinder. Add 3 tablespoons water and mix well to make a flax egg. Set aside to thicken.
2. Meanwhile make the jam by placing all the ingredients in a small food processor and blended just until a jam is formed. Set aside while you make the pancakes.
3. In a medium bowl sift together the flours, baking powder, baking soda, salt, spices, and protein powder if using.
4. In a small bowl, mix the mashed banana with the flax egg, almond milk, and stevia is using.
5. Add the liquid mix to the dry ingredients and fold in to make a thick batter.
6. Heat up a frying pan or cast iron skillet on medium heat and melt the coconut oil.
7. Once the pan and oil are hot, pour about a 1/4 cup of batter per pancake and turn once it starts to bubble and browns after 1-2 minutes. Fry the other side for 1 minute before transferring to your serving dish.
8. Top with maple syrup, honey, fresh berries, berry compote or chia jam as pictured above.