



Ingredients

- ✓ 2 Tbsp. flaxseed meal
- ✓ 6 Tbsp. water
- ✓ ¾ cup buckwheat flour
- ✓ ½ cup gluten-free baking mix
- ✓ 2 Tbsp. coconut sugar
- ✓ 2 tsp. baking powder
- ✓ ½ tsp. Vietnamese cinnamon (or other)
- ✓ ½ tsp. salt
- ✓ 2 Tbsp. coconut oil, liquefied
- ✓ 1 ¼ cups almond milk
- ✓ 1 tsp. vanilla extract
- ✓ Maple syrup or fruit (toppings)

Notes:

- Try Bob's Red Mill gluten free baking mix.
- Maple sugar or other sweetener can be substituted for coconut sugar.

Preparation

In a small bowl, stir together flaxseed meal and water and set aside for 15-30 minutes. Meanwhile, in a medium bowl, stir together buckwheat flour, gluten-free baking mix, coconut sugar, baking powder, cinnamon and salt. If coconut oil is solid, melt over low heat, cool, and place in a small bowl with almond milk, vanilla and reserved flaxseed meal/water mixture. Mix well, add to dry mix, and stir only until moistened. Heat sauté pan or griddle over medium-low heat. When hot, add enough coconut oil to coat bottom of pan and add spoonfuls of batter according to size of pancakes desired. When bubbling and golden at edges, flip and cook other side until golden. Serve with toppings of choice.