

Buckwheat Pancake



Ingredients

1 cup buckwheat flour
7 drops of Stevia
1 teaspoon baking powder
1 teaspoon baking soda
¼ teaspoon salt
1 ¼ cups Almond milk or soy milk
1 large egg
½ teaspoon pure vanilla extract
Butter for skillet

- In a medium mixing bowl, mix together the buckwheat flour, stevia, baking powder, baking soda and salt.
- In a liquid measuring cup, measure out the milk. Beat in the egg and vanilla extract.
- All at once, add the wet ingredients to the dry ingredients and mix until just combined. The batter should have some small to medium lumps.
- Preheat your skillet over medium-low heat and brush with 1½ teaspoons of butter. Give the batter a light swirl with a spoon in case the buckwheat is starting to separate from the liquid. Using a ¼-cup measure, scoop the batter onto the warm skillet. Cook for 2 to 3 minutes until small bubbles form on the surface of the pancakes (you'll know it's ready to flip when about 1 inch of the perimeter is matte instead of glossy), and flip. Cook on the opposite sides for 1 to 2 minutes, or until golden brown.
- Transfer the cooked pancakes to a plate and add some fruits or whatever healthy toppings you like. Serve immediately.
- We love fresh Organic Butter slathered all over , and sometimes Fresh Strawberries,