

# Egg-Free Buckwheat Pancakes (gluten-free, dairy-free, paleo, egg-free, nut-free)

Trying to stay egg-free, dairy-free, and gluten-free is very challenging, but possible. Yes, once in a while we want those comfort foods that we got used to while growing up. I love pancakes with a tiny amount of maple syrup. Making the recipes that work and that are welcomed by the whole family is also challenging. I messed up quite a few pancakes until I found the perfect ratios for this whole-grain buckwheat recipe.

What is the comfort food that makes you feel cozy and happy?



# Ingredients

- 1 cup coconut milk
- 1 tbsp. freshly ground flax seeds
- 1 tbsp. avocado or coconut oil, plus extra for grilling
- 1 tsp. vanilla extract
- 1 cup buckwheat flour
- 1 tsp. baking powder (aluminum-free)
- 1/2 tsp. ground cinnamon
- 1/4 tsp. salt

# Instructions

1. Combine milk, ground flax seeds, oil and vanilla together in a small bowl. Set aside for 5 minutes.
2. Combine buckwheat flour, baking powder, cinnamon, and salt together in a medium bowl.
3. liquid wet ingredients and mix in a standup mixer until fully blended.
4. Add avocado oil the bottom of a nonstick skillet and place over medium heat. When oil is hot, pour 1/4 – 1/3 cup of batter into skillet.
5. Cook until small bubbles form in the middle, about 3-4 minutes.
6. Flip and cook about 2 minutes more on opposite side.
7. Serve with butter and maple syrup.



My pancakes were outstanding and I cannot wait to make more!

Have you tried buckwheat pancakes before? How did you like them?

Happy Fall!