

GLUTEN-FREE BUCKWHEAT PANCAKES RECIPE

6 medium pancakes

Makes

overnight+30 minutes

total time

Ingredients:

1 cup kefir, I like full-fat goat milk kefir
1 cup hulled buckwheat groats, not kasha
1 egg
1 teaspoon apple cider vinegar
1/2 teaspoon salt
1/2 teaspoon baking soda
1 teaspoon spices, my favorite is cinnamon, but you can also use ginger, turmeric, nutmeg, allspice, cloves, or a combination.

Directions:

1. Mix together kefir and buckwheat groats, cover, and let soak at room temperature overnight.
2. The next morning put buckwheat/kefir mixture in a blender with egg, apple cider vinegar, salt, and spices. Do not put in the baking soda yet.
3. Blend until it is a smooth batter, it should be a similar consistency to regular pancake batter. If it is too thick to blend add a tablespoon of water.
4. Pour batter into a bowl then add the baking soda gently stir until just combined. Do not over mix. The batter will fluff up and increase in size and be very light and fluffy.

5. Heat skillet to medium heat. Pour batter into greased and preheated skillet and cook for 1-2 minutes or until golden brown. Turn over and cook for 30-60 seconds. Serve while still warm with grass-fed butter, berries, favorite nut or seed butter, or yogurt.

Note: One of my favorite flavor combinations is 2 tablespoons of carob powder with 1/2 teaspoon of cinnamon and 1 teaspoon of fresh grated or powdered ginger to the pancake batter.