



## buckwheat buttermilk pancake (gluten-free)

*prep time: 10 min*

*cook time: 20 min*

*servings: 8 pancakes*

### Ingredients:

- 1 cup buckwheat flour
- 1 tablespoon coconut sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/4 cup buttermilk - shake/mix well
- 1 large egg
- 1/2 teaspoon pure vanilla extract
- grass-fed butter, enough for the skillet

### *optional toppings*

- strawberry or raspberry chia jam
- coconut whipped cream
- hemp seeds

### Directions:

1. Preheat the oven to 200F. This is just to keep the pancakes warm once they are cooked on the stove.
2. In a medium mixing bowl, mix together the flour, sugar, baking powder, baking soda, and salt.
3. In a liquid measuring cup, measure out the buttermilk.
4. In another bowl, beat in the egg and vanilla extract.
5. Preheat your skillet over medium-low heat and brush with 1 1/2 teaspoon of butter. Give the batter a light swirl with a spoon in case the buckwheat starts to separate from the liquid.
6. Using a 1/4 measuring cup, scoop the batter onto the warm skillet. Cook for 2-3 minutes until small bubbles form on the surface of the pancakes. Flip and cook the opposite side for another 1-2 minutes, or until golden brown.
7. Transfer the cooked pancakes to a baking sheet and place in the preheated oven to keep warm. Repeat the process with the remaining batter, adding more butter to the skillet as needed.
8. Top with your jam of choice, coconut whipped cream, and a sprinkle of hemp seeds. Serve right away and enjoy!

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