

Low FODMAP Buckwheat and Blueberry Pancakes



This blueberry recipe is perfect for bringing as a snack and it's delicious when eaten cold. You can also freeze these pancakes and reheat them in the toaster for a warm version. Spread with natural peanut butter and banana slices, you'll have a more satisfying breakfast or snack.

Preparation 5 min

Cooking 20 min

Servings 10

Nutrition Facts (per serving)

Calories 120

Fat 6

Carbohydrates 13

Fibre 2

Protein 5

Sodium 30

Ingredients

- 2 ripe bananas, mashed
- 3 eggs, large size
- 175 ml ($\frac{3}{4}$ cup) vegetable drink
- 125 ml ($\frac{1}{2}$ cup) buckwheat flour
- 60 ml ($\frac{1}{4}$ cup) almond flour

- 15 ml (1 tbsp) hemp seeds
- 15 ml (1 tbsp) chia seeds
- 15 ml (1 tbsp) unsweetened shredded coconut
- 125 ml (½ cup) frozen blueberries
- 5 ml (1 tsp) vanilla extract
- 5 ml (1 tsp) baking powder
- 1 pinch of salt
- Coconut oil, for cooking

Note: Feel free to flavor the recipe with whatever you have on hand, orange zest, cinnamon, caramel essence, etc.

You can change the frozen blueberries with other fresh or frozen berries.

Preparation

1. In a bowl, combine the liquid ingredients, then add the dry ingredients. Mix well. At the very end, add blueberries and chocolate chips (if desired).
2. Lightly oil a small nonstick skillet and add 1/10 of the mixture, or about a ½ cup ladle, to form small pancakes.
3. Cook for about 1 minute or until small bubbles form on the surface and flip. Cook for another 1 minute or so, then remove from pan.
4. Repeat steps 2 and 3 until done.

Notes

Can be kept for 5 days in the refrigerator or 3 months in the freezer in an airtight bag.



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