



# Vegan & Gluten-Free Buckwheat Pancakes

🕒 Preparation time: 20 minutes

👤 Portions: 2

Cooking time: 0 minutes

**Total time: 20 minutes**

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## Ingredients for the buckwheat pancakes (6 pancakes, serves 2)

- 150 g (5.29 oz) buckwheat
- 2 slices of lemon (or 1-2 tbsp. lemon juice or apple vinegar)
- 1 tbsp cinnamon
- 2 tbsp. coconut sugar (or another sweetener of choice)
- 1 tsp. baking powder
- 1 tbsp. apple cider vinegar (or lemon juice)
- 100 ml (0.4 cups) plantbased milk (e.g. oat milk)
- 30 g (1.05 oz) ground flaxseeds
- 70 g (2.46 oz) frozen blueberries (or two handful of fresh berries)
- 2-3 tbsp coconut oil (or another vegetable oil of your choice)
- 2-3 tbsp. soy yoghurt or coconut yoghurt
- Seasonal fruits of your choice (I used raspberries, kiwi and some blueberries)
- 2 tsp. hulled hemp seeds
- Date syrup or coconut syrup for drizzling (or another sweetener such as maple syrup or rice syrup)

**Tip:** If you want to prepare the pancakes without using ground flaxseeds, don't add any further liquid to the buckwheat in the blender and then only mix in as much plantbased milk as you need to create a nice, creamy consistency for the batter.

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## Instructions (Soaking buckwheat over night + 20 minutes for preparation)

1. Rinse buckwheat with water and then let it soak overnight with 2 slices of lemon or some lemon juice.
2. Rinse the soaked buckwheat thoroughly once again and put it into a high-speed blender. Add 1 tbsp. cinnamon, 1 tsp. baking powder, 1 tbsp. apple cider vinegar and 100 ml plantbased milk and blend the ingredients to a creamy mixture.
3. Stir in the ground flaxseeds and let it sit for another 10 minutes till you get the right consistency of pancake batter (the batter should not be too liquid).
4. Carefully fold in the frozen blueberries. **Tip:** I fold them in just right before I start frying the pancakes. This prevents them from thawing and giving the batter a bluish color. I am also very careful when folding-in the berries so that as little juice as possible escapes.
5. Heat vegetable oil in a frying pan and use a spoon to add individual portions of the dough into the hot fat. Bake pancakes on both sides until golden brown. Continue until the batter is used up. In the meantime, keep the finished pancakes warm on a plate in a slightly preheated oven (e.g. at 50-70 °C/ 122 - 158 °F)
6. Enjoy your healthy & delicious pancakes with soy yoghurt, fresh seasonal fruit, peeled hemp seeds and drizzled with date syrup.