

Breakfast Buckwheat Pancakes with Blueberry Compote

Ingredients

- 1 cup (120 g) buckwheat flour
- 1 tsp (4 g) baking powder
- 1 large egg
- $\frac{3}{4}$ cup (180 ml) unsweetened almond milk
- 1 tbsp (15 ml) olive oil
- 1 cup (150 g) fresh or frozen blueberries
- 1 tbsp (15 ml) maple syrup (*optional*)

Step-by-Step Instructions

1. Mix batter: In a medium bowl, whisk buckwheat flour and baking powder. In another bowl, whisk egg, almond milk, and olive oil. Combine wet and dry ingredients, mixing until just blended.
2. Cook pancakes: Heat a non-stick skillet over medium heat. Pour $\frac{1}{4}$ cup batter per pancake, cooking 2–3 minutes per side until golden.
3. Make compote: In a small pan, simmer blueberries and maple syrup over low heat until berries soften (~5 minutes).
4. Serve pancakes topped with warm blueberry compote.

Why This Helps Blood Sugar

Buckwheat is rich in D-chiro-inositol, linked to improved glucose metabolism. Blueberries provide anthocyanins that help slow starch digestion.