

Buckwheat Banana Pancakes

Ingredients

- 1 cup buckwheat flour
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- 1 egg
- 1 cup milk (dairy or unsweetened plant-based)
- 1 ripe banana, mashed
- 1 tbsp olive oil or coconut oil
- 1 tsp vanilla extract

Instructions

1. Mix Dry Ingredients: In a bowl, whisk buckwheat flour, baking powder, baking soda, and salt.
2. Mix Wet Ingredients: In another bowl, whisk egg, milk, banana, oil, and vanilla.
3. Combine: Fold wet into dry until just mixed.
4. Cook Pancakes: Heat skillet over medium heat, grease lightly, and pour ¼ cup batter per pancake. Cook 2–3 minutes per side.

5.Serve: Enjoy with fresh fruit or a drizzle of pure maple syrup.

Why This Helps Blood Sugar

Buckwheat is naturally gluten-free and rich in magnesium, which plays a role in improving insulin response.