

Buckwheat Flour Pancakes

- 1 cup Hodgson Mill Buckwheat Flour
- 1 tsp. baking powder
- 2 Tbsp. raw honey
- 1/2 tsp sea salt
- 1 egg
- 1 cup Almond dream or Rice Dream Non-Dairy Beverage
- 2 Tbsp. coconut oil/coconut ghee/butter melted

Preheat griddle or large skillet (if electric) to 375 F. Grease lightly with oil or butter. Griddle is ready when small drops of water sizzle and disappear almost immediately. Mix dry ingredients together; mix egg, honey, almond/rice milk, and melted coconut oil/coconut ghee/butter together and add slowly to dry ingredients, mixing well as you pour. Pour 1/4 cup batter for each pancake onto hot griddle. Cook 1 to 1 1/2 minutes, turning when edges look cooked and bubbles begin to break on surface. Continue to cook 1 to 1 1/2 minutes or until golden brown. Serve with pure maple syrup, all natural preserves, or nut butters. Add extra butter on top of each pancake.