

BUCKWHEAT PANCAKES



This recipe is from Gluten-Free-Vegan-Girl

Submitted by Solveig whose goal is to inspire people to turn over their eating habits to what is best for their health, as well as the environment and animals, without feeling like they have to give up the foods they love. That said, you do not have to be a vegan or gluten-intolerant to enjoy these pancakes. You just have to like delicious food!

Ingredients:

- 2 cups [homemade almond milk](#) (or other dairy-free milk)
- 1 1/2 cup buckwheat flour
- 1 cup dates, pitted
- 2 tsp vanilla essence
- 1 1/2 tsp baking powder
- 1/2 tsp salt
- juice from 1/2 lemon, optional but recommended
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Buckwheat has a high concentration of minerals like **copper**, and **magnesium**. Copper is required for the production of red blood cells. Magnesium relaxes blood vessels leading to the brain and is found to have curative effects on depression, and headache.

Method:

In a large mixing bowl, whisk together all of the dry ingredients. Place the dates, 1 cup of almond milk, lemon juice and vanilla essence in a high-speed blender/food processor and blend until you have a smooth paste.

Stir this mixture in with the dry ingredients and remaining 1 cup of almond milk until you have a relatively thick batter. Heat up a non-stick pan on medium heat before pouring in about 1/4 cup batter per pancake.

When the pancakes has started to firm up on the upward-facing side, flip around and cook on the other side until they are a deep golden color. It is very important that you do not have a too high heat, as this will result in burnt and/or uncooked pancakes.

Ingredients are available in the shop. If you are not sure where please ask a member of staff. This recipe including the Blueberry sauce is available to view online at www.phoenixshop.co.uk

