

Buckwheat Pancakes

Yield: 4 to 6 servings (about 12 5-inch pancakes)

Ingredients:

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| 1 cup all-purpose flour | ¼ cup flaxseed |
| 1 cup buckwheat flour | ¼ teaspoon nutmeg |
| 2 tablespoons sugar | 5 egg whites |
| 1 teaspoon baking soda | 1 teaspoon butter pecan
flavored extract
(optional) |
| 2 teaspoons baking
powder | |
| 1 teaspoon salt | ¼ cup canola oil |
| | 2 cups buttermilk |

Procedure:

Whisk together first eight ingredients (flour through nutmeg) in large mixing bowl. In another bowl, lightly beat together remaining ingredients. Add liquid ingredients to dry ingredients, and stir until combined. Do not overbeat batter. Use a ½-cup measure to drop batter onto electric skillet or griddle set to 350 F.

Cook pancakes about 2 to 3 minutes, flip and continue cooking about 2 minutes longer.

300 calories
and 13 grams of
fat per serving
(about 2
pancakes)

A serving of these buckwheat pancakes provides fiber, calcium, iron and B vitamins.