



Ingredients

- ✓ 1 cup buckwheat flour
- ✓ 1/2 cup almond flour
- ✓ 2 eggs, separated
- ✓ 1 tsp honey
- ✓ 1 tsp baking powder
- ✓ 1 tsp cinnamon
- ✓ 1 cup cashew milk (or your milk of preference)
- ✓ 1 cup fresh or frozen blueberries (if frozen, put in a strainer and run under cold water for 2 minutes to unfreeze)

Blueberry Buckwheat Pancakes

For some reason, and truly, shame on me, I have never shared my most favorite weekend go-to: the humble yet delicious gluten-free blueberry buckwheat pancake. Hearty, tasty, loaded with protein, this will be a winner for everyone on a Sunday morning. The trick is in the egg whites—buckwheat is a dense flour and folding in the egg whites makes these pancakes light and fluffy. Also, just a heads up, it's much darker than regular flour. Look for the bubbles as you would with regular batter before you flip.

Directions

1. In a large bowl, mix buckwheat flour, almond flour, and baking powder
2. Separate the eggs, reserve the whites in a second bowl
3. Add the egg yolks to the dry ingredients
4. Add honey and milk to dry ingredients and yolks, stir by hand until well mixed
5. In a second bowl, whisk your egg whites to stiff peaks (about five minutes on med-high setting)
6. Gently fold half of the egg whites into the pancake batter until incorporated, then fold in the rest
7. After the egg whites are folded in, follow with the blueberries, mixing gently.
8. Pour batter onto a pre-heated, buttered griddle, waiting for bubbles to form
9. Flip and cook again until done.
10. Serve with vanilla-infused maple syrup and a dash of cinnamon on top.

[First discovered from a Lifehacker link to Home to Heather](#)
Modifications by J.T.

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com/Recipes. Want a wine to go with your recipe? Check out J.T.'s wine blog at TheWineVixen.com.