

# BUCKWHEAT PANCAKES



## 50 STATES 50 PLATES

featuring

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## INGREDIENTS

### For the pancakes:

- ★ ½ cup buckwheat flour
- ★ ½ cup oat flour
- ★ 3 tablespoon monk fruit sweetener
- ★ 1 teaspoon cinnamon
- ★ 1 teaspoon baking powder
- ★ ¼ teaspoon fine salt
- ★ 1 tablespoon plus 2 teaspoons coconut oil
- ★ ¾ cup low-fat milk or non-dairy milk
- ★ 1 large egg

### For the berry topping:

- ★ 2 teaspoons vanilla extract
- ★ Non-stick coconut oil baking spray
- ★ 1 pint blueberries
- ★ 2 teaspoons lemon juice
- ★ 1 tablespoon monk fruit sweetener

## DIRECTIONS

In a medium bowl whisk together the buckwheat flour, oat flour, monk fruit sweetener, cinnamon, baking powder and salt.

In a small microwave safe bowl, melt the coconut oil in 30 second increments, until no lumps remain.

To the dry ingredients add the melted coconut oil, milk, egg, and vanilla. Whisk until the ingredients are fully incorporated and no lumps remain. Let the batter rest until slightly thickened, about 10 minutes.

Meanwhile, in a small saucepan, combine blueberries, 1 tablespoon water, lemon juice, and monk fruit sweetener. Bring to a simmer over medium heat and cook until berries have released their juices and juices have thickened slightly, about 8 minutes. Remove from heat to cool slightly.

Preheat a large non-stick skillet over medium heat. Lightly spray the pan with non-stick coconut oil baking spray.

Scoop ¼ cup or 2 ounces of the batter into the center of the preheated pan. Cook until there are bubbles forming on top of the pancake, about 2 minutes. Adjust heat as necessary to prevent pancakes from browning too quickly. Flip the pancake once it is golden brown and cook until set, 1 to 2 minutes.

Transfer pancake to a plate and repeat with the remaining batter.

Divide pancakes among plates and divide the warm blueberry compote. Serve immediately.

### Serving Size and Nutritional Information:

**Serves 8** (Serving Size 1 Pancake + ¼ Cup plus 1 tablespoon Compote = 170g)

**180** Calories Per Serving, **6g** Total Fat, **32g** Total Carbohydrates, **4g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at [MyType2Transformation.com](https://www.MyType2Transformation.com).



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