

FOOD FOR LIFE RECIPE OF THE WEEK

PCRM Physicians Committee for Responsible Medicine

RECIPE OF THE WEEK | Blueberry Buckwheat Pancakes

Antioxidant-packed blueberries paired with buckwheat flour make a terrific-tasting, health-promoting breakfast.

Ingredients

Makes 16 3-inch pancakes

1/2 cup buckwheat flour
1/2 cup cornmeal
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1 ripe banana, mashed
2 tablespoons maple syrup
1 tablespoon vinegar
1 cup fortified soy or rice milk
1 cup fresh or frozen blueberries
Vegetable oil spray

Directions

Mix buckwheat flour, cornmeal, baking powder, baking soda, and salt.

In a separate large bowl, combine mashed banana, maple syrup, vinegar, and non-dairy milk. Add flour mixture, stirring just enough to remove any lumps and make a pourable batter. Stir in blueberries and add a bit more milk if the batter seems too thick.

Preheat a non-stick skillet or griddle, then spray lightly with vegetable oil. Pour small amounts of batter onto the heated surface and cook until tops bubble. Turn carefully with a spatula and cook the second sides until browned, about 1 minute. Serve immediately.

Per serving (1 pancake): 55 calories; 0.5 g fat; 0.1 g saturated fat; 8.1% calories from fat; 0 mg cholesterol; 1.5 g protein; 11.8 g carbohydrates; 3.8 g sugar; 1.1 g fiber; 81 mg sodium; 32 mg calcium; 0.6 mg iron; 1.6 mg vitamin C; 9 mcg beta carotene; 0.3 mg vitamin E

Source: *Healthy Eating for Life and to Prevent and Treat Cancer* by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.

Please feel free to tailor PCRM recipes to suit your individual dietary needs.