# sheet pan buckwheat pancakes

## Family Chef: Maggie McMahon

### Original Recipe Inspiration: Elise Bauer

#### Ingredients:

* 1 ½ c organic buckwheat flour
* 3tbsp organic cane sugar\* (bone char free if vegan)
* pinch of salt
* 1tsp baking soda
* 3tbsp avocado (any neutral) oil or melted butter
* 2c buttermilk\* (see note for vegan)
* 1 egg (optional, leave out to make vegan)
* chocolate chips/toppings to preference

#### Instructions:

1. Mix dry ingredients and sugar together.
2. Then add the wet ingredients (make sure not to add the chocolate chips yet).
3. Stir or whisk until everything is combined.

**If making them in the oven**

1. Line a baking tray with unbleached parchment paper.
2. Pour batter evenly across tray.
3. Top with chocolate chips, fruit, desired toppings, or just leave plain. Choose non dairy chocolate if making vegan.
4. Quickly put into a 375°F oven for 20 minutes or until fully baked through.
5. Slice into preferred shape and serve! Enjoy.

**If making on stove top or griddle**

1. Preheat pan or griddle until hot.
2. Use a ladle or measuring scoop if you prefer them relatively the same size.
3. Carefully pour onto hot pan.
4. Wait until bubbles form around the edge and they pull away, easily, from the pan.
5. Quickly flip and wait a few more seconds until cooked through.
6. Stack them up to serve and enjoy.

#### Notes

1. White sugar almost always has bone char to make it white. Do some research on it. If it is something you would prefer to avoid, organic is bone char free by default. Pure cane sugar will have a label or writing saying it is free from this. You can find it right on the packaging.
2. To make buttermilk, combined 2c milk with 1tbsp white vinegar or ACV. Let sit while you combine the other ingredients. It should be thick or even chunky. The chemical reaction will start as soon as your pour it in, so once you do, be quick in getting them into the oven or pan. For vegan buttermilk, use any non dairy milk. We usually use oat milk and it turns out great.
3. I have tried this recipe with and without the egg. I have found it didn't change the texture much so don't feel pressured to add it or that you are missing something without it.
4. Our daughter's favorite toppings are semi sweet/dark chocolate chips (non dairy) and white chocolate chips combined. She prefers them cut into hearts (although since they are so good, this isn't a requirement)
5. They freeze and defrost well, so feel free to double the batch for breakfast throughout the week.