



Makes eight 4-inch pancakes
Preparation Time: 20 minutes
Cook Time: 10 minutes

INGREDIENTS:

1 tablespoon flaxseed meal
1¼ cups buckwheat flour
¼ cup certified gluten-free rolled oats
2 tablespoons unsweetened coconut flakes
1 tablespoon regular or sodium-free baking powder
Pinch of sea salt
1 cup unsweetened, unflavored plant-based milk
½ cup unsweetened applesauce
¼ cup pure maple syrup
1 teaspoon pure vanilla extract
⅓ cup gluten-free vegan mini chocolate chips
Avocado oil cooking spray (optional, [learn more](#))
1 large banana, sliced

Gluten-Free Chocolate Chip Pancakes with Buckwheat Flour

These gluten-free pancakes combine nutty buckwheat flour with coconut flakes and vegan chocolate chips to create a good-for-you breakfast feast. Topped with fresh banana slices and extra maple syrup, these [vegan gluten-free](#) pancakes pair perfectly with a [cauliflower scramble](#) or a [roasted veggie hash](#).

Tips

Buckwheat flour: Despite the name, buckwheat flour is in fact gluten-free. (As always, if gluten is a concern, be sure to look for certified gluten-free products to avoid cross-contamination.) Learn more about [buckwheat here](#).

GF chocolate chips: For chocolate chips that are both vegan and gluten-free, look for the *Enjoy Life* brand, which specializes in allergy-free products.

Optional oil: This is a [Forks Flex Recipe](#), which means it includes a small amount of optional oil. If you include the oil, you'll add 10 calories, 1 g total fat, and 0 g saturated fat per serving.

By Darshana Thacker Wendel

- 1 In a small saucepan combine flaxseed meal and ½ cup water. Heat over medium 3 to 4 minutes or until mixture appears stringy when it drips off a spoon. Immediately strain mixture into a glass measuring cup. Discard solids.
- 2 In a large bowl whisk together the next five ingredients (through salt). In a medium bowl whisk together milk, applesauce, maple syrup, vanilla, and 2 tablespoons of the flaxseed liquid. Add milk mixture to flour mixture; stir to combine. (Batter will be thick.) Stir in chocolate chips.
- 3 Heat a large nonstick skillet or griddle over medium-low. For oil-free: Spoon ⅓ cup batter per pancake onto skillet and spread gently. (If using oil: Lightly coat skillet with avocado oil cooking spray, then spoon ⅓ cup batter per pancake onto skillet and spread gently.) Cook 6 to 8 minutes or until pancakes look slightly dry on top, are lightly browned on the bottom, and release easily from skillet. Flip pancakes; cook 5 minutes more. Transfer to a platter and keep warm.
- 4 Repeat with remaining batter, wiping off skillet between batches. Serve pancakes hot with banana slices. If desired, drizzle with additional maple syrup.