

# Buckwheat Pancake Mix

Yield: 12 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-pancake-recipe-with-pancake-mix>

## Ingredients:

- 4 cups buckwheat flour
- 4 cups whole wheat flour
- 4 cups all-purpose flour
- 1/2 cup turbinado sugar
- 2 tablespoons salt
- 2 tablespoons baking powder
- 1 tablespoon baking soda
- 1 cup pancake mix buckwheat
- 1 teaspoon white vinegar
- 1 cup buttermilk
- 1 tablespoon canola oil
- 1 egg

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 103 grams
3. Cholesterol: 20 milligrams
4. Fat: 5 grams
5. Fiber: 10 grams
6. Protein: 17 grams
7. SaturatedFat: 1 grams
8. Sodium: 1920 milligrams
9. Sugar: 7 grams

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