

Buckwheat Pancake

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/valentine-family-cookbook-buckwheat-pancake-recipe>

Ingredients:

- 1 cup flour whole wheat
- 1 cup buckwheat
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1/4 teaspoon sea salt
- 1 large egg
- 1 cup milk
- 2 tablespoons coconut oil

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 60 milligrams
4. Fat: 11 grams
5. Fiber: 5 grams
6. Protein: 13 grams
7. SaturatedFat: 7 grams
8. Sodium: 480 milligrams
9. Sugar: 7 grams

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