

recipes for contribution, & suggestions, are welcomed. (if you want credit noted, please make that clear)

rev: January 19, 2020

Buckwheat Pancakes

line #	qty	units	ingredients	notes
1	2	ea	eggs	beaten/mixed well
2	2	tsp	vanillin	
3	2	C	milk	
4	1/2	C	oil	I use extra virgin olive
5	4	tbls	sugar	white or your choice
6				
7	2	C	buckwheat flour	
8	2	tsp	baking powder	
9				
10			blueberries, or fruit and/or nuts you want to try	maybe use as many as will be over half the mi - experiment
11				
12				
13				
1			mix the liquid items well	
2			mix the powdered items well	
3				
4			combine the liquid and powdered items and mix well	
5				
6			pre-heat a skillet on medium heat and lightly oil it	
7			pour or spoon mix into skillet to desired size for the pancakes	
8				
9			when the down side has begun turning dark colored flip the cakes. Yes, you have to peak.	
10			when the 2nd side has begun turning dark colored remove the cakes. Yes, you have to peak again.	
11				
12			treat with butter or real maple syrup, or whatever you desire.	
13				
14				
15				
16				
17				
18				
19				

Contributed by ... Rocky

maybe 4-8 servings

mailto: spice#billygoatmountain&net

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