



Five-Grain Buttermilk Pancakes with Raspberry Honey

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



237 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup amaranth flour
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1.5 cups buttermilk
- 3 tablespoons canola oil divided
- 3 eggs separated
- 2 tablespoons honey

- 12 servings raspberry honey
- 12 servings maple syrup or
- 0.5 cup millet flour
- 0.5 cup old-fashioned rolled oats
- 0.5 teaspoon salt
- 0.5 cup teff flour
- 1 teaspoon vanilla
- 0.5 cup flour whole-wheat

Equipment

- bowl
- frying pan
- baking sheet
- ladle
- oven
- whisk
- hand mixer

Directions

- Preheat oven to 20
- In a medium bowl, whisk yolks.
- Whisk in honey, 2 tbsp. oil, buttermilk, and vanilla. In a separate bowl, whisk together flours, baking soda, salt, and baking powder.
- Whisk into wet ingredients until just combined. Stir in oats.
- Heat remaining 1 tbsp. oil in a large nonstick frying pan over medium heat. Meanwhile, in a separate bowl, beat egg whites with a whisk or electric mixer until stiff peaks form. Fold into batter.
- Swirl oil to coat pan; pour excess into a heatproof cup. Ladle batter into pan in 1/3-cup portions and cook until bubbles form and edges look dry, 3 to 5 minutes. Flip pancakes and cook until browned, 3 minutes more. Keep warm on a baking sheet in oven as you cook.

Serve with warm Raspberry Honey or maple syrup.

*Available at most Whole Foods Markets.

Nutrition Facts

 **PROTEIN 8.81%**  **FAT 24.54%**  **CARBS 66.65%**

Properties

Glycemic Index:34.25, Glycemic Load:14.55, Inflammation Score:-2, Nutrition Score:7.787826238767%

Nutrients (% of daily need)

Calories: 236.96kcal (11.85%), Fat: 6.58g (10.12%), Saturated Fat: 1.34g (8.36%), Carbohydrates: 40.21g (13.4%), Net Carbohydrates: 38.01g (13.82%), Sugar: 22.29g (24.76%), Cholesterol: 44.22mg (14.74%), Sodium: 264.78mg (11.51%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Protein: 5.32g (10.63%), Manganese: 0.85mg (42.49%), Vitamin B2: 0.38mg (22.19%), Selenium: 10.27µg (14.68%), Calcium: 121.02mg (12.1%), Phosphorus: 108.28mg (10.83%), Iron: 1.59mg (8.84%), Fiber: 2.2g (8.81%), Magnesium: 26.41mg (6.6%), Vitamin B1: 0.09mg (6.2%), Zinc: 0.8mg (5.36%), Vitamin E: 0.8mg (5.36%), Potassium: 148.37mg (4.24%), Vitamin B5: 0.42mg (4.21%), Vitamin D: 0.61µg (4.07%), Copper: 0.08mg (4%), Vitamin B12: 0.24µg (3.93%), Vitamin B6: 0.07mg (3.72%), Vitamin B3: 0.65mg (3.26%), Folate: 12.26µg (3.07%), Vitamin K: 2.82µg (2.69%), Vitamin A: 109.35IU (2.19%)