

Poppy, Sunflower Seed, Buckwheat Pancakes

Serving Size: 2 each

Makes 7 servings

Ingredients:

1 cup sunflower seeds, unsalted, roasted
¾ cup buckwheat flour
¾ cup whole wheat flour
¼ tsp salt
2 ½ tsp baking powder
½ tsp baking soda
2 tbsp light brown sugar
2 tbsp poppy seeds
2 each eggs, whites only, whisked
1 tsp pure vanilla extract
1 ½ cup fat free buttermilk
1/3 cup 1% milk, gallon
1/3 cup water
1 tbsp canola oil
as needed oil spray

Preparation:

1. Place roasted sunflower seeds in a food processor; chop until coarsely ground.
2. Whisk together the flours, salt, baking powder, baking soda, brown sugar, poppy seeds and ground sunflower seeds.
3. In another bowl, add egg whites, vanilla, buttermilk, milk, water and canola oil. Whisk well until liquid is a bit frothy.
4. Gently pour liquid ingredients into the dry ingredients; mix to incorporate. Do not overmix. The mixture should be a batter consistency. Allow the batter to rest for at least 1 hour.
5. Pour 1/4 cup of batter onto a warmed griddle sprayed with oil; cook for 2 to 3 minutes or until the top is bubbly and dry. Flip over to cook the other side for approximately 1 minute.

NUTRITION FACTS PER SERVING

calories	270
total fat (g)	13
saturated fat (g)	1.5
trans fat (g)	0
sodium (mg)	440
total carbohydrate (g)	31
dietary fiber (g)	5
sugar (g)	8
protein (g)	11



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