



Banana Buckwheat Chia Pancakes



Makes 4 servings

Ingredients

- 2 tablespoons chia seeds
- ½ cup water, divided
- 2 medium bananas, peeled and mashed
- 1 tablespoon cold-pressed canola oil
- ½ teaspoon vanilla extract
- ½ cup buckwheat flour
- ¼ teaspoon baking powder
- ¼ teaspoon ground cinnamon
- nonstick cooking spray

Directions

1. In a small bowl, combine chia seeds and 6 tablespoons water. Stir. Set aside at room temperature for 15 to 20 minutes or until gel forms.
2. Preheat griddle to 350 F.
3. In a large bowl, combine remaining water, mashed bananas, oil, vanilla and chia mixture (made in step 1). Mix. Add flour, baking powder and cinnamon. Mix gently until dry ingredients are just mixed in.
4. Spray griddle with nonstick cooking spray.
5. Pour ⅔ cup batter onto the griddle for each pancake. Cook until tops are bubbly and pancakes are dry around the edges. Flip and cook for 2 to 3 minutes or until golden-brown. Enjoy warm!



MAIN DISH



TIP

Garnish these pancakes with your favorite fruit or other toppings!*

*Option not included in nutrition facts.

♥ = heart smart

⊗ = low sodium

GF = gluten free

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Nutrition Facts

Serving Size 1 pancake (120g)
Servings Per Container 4

Amount Per Serving	
Calories 190	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 31g	10%
Dietary Fiber 6g	24%
Sugars 7g	
Protein 4g	
Vitamin A 0%	Vitamin C 8%
Calcium 6%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 2