

## **OUR FAVORITE PANCAKE RECIPE**

Mix 1 1/2 cup whole wheat flour or all-purpose gluten-free flour, 1 cup Tartary buckwheat bran, and 2 teaspoons baking soda in a bowl.

Stir in 1 egg and 1 cup yogurt or dairy-free yogurt. Stir in milk or dairy-free milk until batter has the consistency of heavy cream.

Pour batter into a hot, oiled griddle. Flip when bubbles appear in the center of the cake and its edges appear dry.

Serve with honey or maple syrup, fresh fruit or stewed rhubarb, and yogurt.

## **MOLLY'S BEST TARTARY BUCKWHEAT CREPES**

(Double this recipe for breakfast for four.)

1 cup Tartary buckwheat pale flour

2 eggs

1/2 cup milk or dairy-free milk

1/2 cup water

Dash of salt

2 tablespoons melted butter or cultured Ghee

Mix ingredients in blender. Let batter stand (the longer the better) before cooking.