

# Buckwheat Mulberry Pancakes (Vegan + GF)

## Ingredients

- 1 ½ cups mulberries (plus more for serving!)
- 1 ½ buckwheat flour
- 1 tbsp. granulated sugar
- 1 tbsp. baking powder
- ½ tsp. salt
- ½ tsp. ground cloves
- ¼ tsp. ground nutmeg
- 1 ½ cups plant-based milk
- ½ cup applesauce
- ¼ cup vegetable oil (plus more, for cooking)

## Steps

1. Gently wash your mulberries and let them dry on a clean kitchen towel.
2. In a large mixing bowl add the buckwheat flour, sugar, baking powder, salt, cloves and nutmeg. Whisk to combine. Add the plant-based milk, applesauce, and vegetable oil, and stir to combine, removing as many lumps as possible.
3. Heat up a non-stick skillet to medium heat, and grease lightly with vegetable oil. Add about ¼ cup of batter for each pancake and top with 4-8 mulberries. Wait until the bubbles forming stay on the edges of the pancakes, and use a flat spatula to flip. Cook the second side until lightly browned, and remove from the heat. Continue until all the batter is used.
4. Serve warm with maple syrup and more fresh mulberries on top. Enjoy!

