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Buckwheat Banana Pancakes · ·

Buckwheat Banana Pancakes are a delicious and healthy breakfast option. They are made with buckwheat flour, mashed bananas, and other wholesome ingredients. These pancakes are fluffy, gluten-free, and packed with nutrients. They are perfect for vegetarians.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

200 g	Buckwheat Flour
200 g	Ripe bananas
2 units	eggs
250 ml	milk
2 tsp	baking powder

1 tsp	salt
2 tbsp	honey
1 tsp	vanilla extract
2 tbsp	vegetable oil

Directions

Step 1

In a large mixing bowl, mash the ripe bananas.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

Add the eggs, milk, honey, and vanilla extract to the mashed bananas. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a separate bowl, whisk together the buckwheat flour, baking powder, and salt.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Stirring

Gradually add the dry ingredients to the wet ingredients, stirring until just combined.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Heating

Heat a non-stick skillet or griddle over medium heat. Grease with vegetable oil.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Cooking

Pour 1/4 cup of batter onto the skillet for each pancake. Cook until bubbles form on the surface, then flip and cook the other side until golden brown.

Prep Time: 2 mins

Cook Time: 4 mins

Step 7

Cooking

Repeat with the remaining batter.

Prep Time: 0 mins

Cook Time: 8 mins

Step 8

Serving

Serve the pancakes warm with your favorite toppings.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 4 g

Protein: 6 g

Carbohydrates: 32 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	32 g	58.18%	64%
Fibers	4 g	10.53%	16%
Sugars	9 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	6 mcg	250%	250%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	4 mcg	26.67%	26.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	250 mg	10.87%	10.87%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	260 mg	7.65%	10%
Zinc	4 mg	36.36%	50%
Selenium	18 mcg	32.73%	32.73%

Recipe Attributes

Seasonality

Spring

Summer

Meal Type

Breakfast

Lunch

Snack

Brunch

Preparation Time

More than 1 Hour

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Kitchen Tools

Blender

Oven

Course

Appetizers

Main Dishes

Desserts

Breads

Salads

Snacks

Difficulty Level

Medium

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