**Easy Vegan and Gluten-Free Pancakes (Strawberry Shortcake + Whipped Cream)**

Vegan, gluten-free, oil-free, soy-free

These vegan pancakes are made with raw buckwheat flour, rice flour, and arrowroot flour - making them naturally gluten-free - and chopped bananas are folded into the batter to provide a fluffy, pillow-like texture. You can enjoy them plain (they are seriously really good without anything added!), or you can get fancy and serve them with some [coconut whipped cream](https://ohsheglows.com/2012/08/30/coconut-whipped-cream-a-step-by-step-photo-tutorial/), fresh berries, vegan butter, and/or maple syrup. The sky is the limit, pancake lovers. They are also fantastic with some finely chopped chocolate thrown into the batter or blueberries! You can tell I’ve made this recipe a lot! One word of caution: The combination of gluten-free flour is sensitive to changes. I don’t recommend subbing any of the flours with oat flour, for example - it tends to create a pancake that cracks, sticks to the pan, and falls apart. I don’t have any issues with this recipe when I follow it as written and use a non-stick skillet though. This recipe is adapted from my [Vanilla Blueberry Buckwheat pancakes](https://ohsheglows.com/2012/03/08/vegan-gluten-free-vanilla-blueberry-buckwheat-pancakes/).

Ingredients:

* 1 cup raw buckwheat groats, ground into a fine flour
* 1/2 cup brown rice flour
* 2 tablespoons arrowroot powder
* 2 teaspoons baking powder
* 1/4 teaspoon fine grain sea salt
* 1/2 teaspoon cinnamon
* 1.5 cups + 3 tablespoons almond milk
* 2 tablespoons maple syrup (or agave nectar)
* 2 teaspoons pure vanilla extract
* 1 heaping cup diced ripe bananas (about 2 small/medium)
* Coconut Whipped Cream, for garnish
* Chopped Fresh Strawberries, for garnish

Directions:

* Preheat a large non-stick skillet over medium heat. A drop of water should sizzle on the skillet when it’s ready.
* In a blender, blend the buckwheat groats on high speed until a fine flour forms. Place into a large bowl. Now whisk in the rest of the dry ingredients (rice flour, arrowroot, baking powder, salt, and cinnamon).
* In a medium bowl, whisk together the almond milk, syrup, and vanilla extract. Pour this onto the dry ingredients and whisk the batter until no clumps remain.
* Dice the banana until it's the size of peas or a bit larger. Fold the diced banana into the batter.
* Lightly grease skillet (I spray olive oil on it). Scoop a heaping 1/4 cup of batter onto the preheated skillet and quickly spread the batter out into a circle. Cook until some bubbles appear and the edge looks deeper in colour and more firm. Flip and cook for another couple minutes until golden. Adjust heat as needed. Repeat for the other pancakes. I spray the skillet with oil before each pancake is cooked and this seems to work well.
* Stack and serve with [Coconut Whipped Cream](https://ohsheglows.com/2012/08/30/coconut-whipped-cream-a-step-by-step-photo-tutorial/) and fresh chopped strawberries, if desired. Or simply serve with pure maple syrup!

Nutrition Information

Tips:

Notes:

If using frozen blueberries, pour batter onto skillet first and then top with blueberries to prevent bleeding.

I tried subbing the rice flour for oat flour and the pancakes stuck to the pan, so I would advise against that substitution.

If at any time your batter is too thick or if you want thinner pancakes, simply thin it out with a splash or two of almond milk.