
Multi-Grain Blood Sugar Friendly Pancakes

Nutrient-dense pancakes combining whole grains and flaxseed to create a satisfying breakfast that won't spike your blood sugar like traditional white flour versions.

Prep: 15 min

Cook: 25 min

Total: 70 min

Servings: 9

GL 12.8 / GI 51

Ingredients

Low-medium GI (54), provides fiber and B vitamins whole-wheat flour

Low GI (54), gluten-free ancient grain option millet flour

Low GI (35), contains beta-glucan fiber for glucose control barley flour

Minimal GI impact, adds omega-3 fats and fiber flaxseed flour (ground flaxseed)

Low-medium GI (55), adds soluble fiber rolled oats

No glycemic impact, leavening agent baking powder

Medium-high GI (58), consider reducing to 2 tbsp or substitute with stevia honey

No glycemic impact, adds moisture neutral cooking oil

Low GI (34), protein-rich plant milk unsweetened soy milk

No glycemic impact, pure protein for satiety large egg whites, beaten until frothy

Instructions

Step 1

Combine all dry ingredients in a large mixing bowl: whole-wheat flour, millet flour, barley flour, ground flaxseed, rolled oats, and baking powder. Whisk together thoroughly to ensure even distribution and eliminate any lumps.

Step 2

In a separate medium bowl, whisk together the wet ingredients: allulose, avocado oil, and unsweetened soy milk until the sweetener is fully dissolved. Add the beaten egg whites and gently fold them in to maintain their airy texture.

Step 3

Create a well in the center of the dry ingredients and pour in the wet mixture. Stir gently with a wooden spoon or spatula just until the ingredients are combined - the batter should remain slightly lumpy. Overmixing will create tough, dense pancakes.

Step 4

Cover the bowl with plastic wrap and refrigerate for 30 minutes. This resting period allows the whole grains to hydrate fully and the baking powder to activate, resulting in fluffier pancakes with better texture.

Step 5

About 10 minutes before cooking, preheat your oven to 225°F and place a large baking sheet inside to keep finished pancakes warm. Heat a non-stick skillet or griddle over medium heat and lightly coat with cooking spray or a thin layer of oil.

Step 6

Pour approximately 1/4 cup of batter onto the heated skillet for each pancake, spacing them 2 inches apart. Cook undisturbed for 2-3 minutes until small bubbles appear across the surface and the edges look set and slightly dry.

Step 7

Flip each pancake carefully with a wide spatula and cook for an additional 1-2 minutes until the second side is golden brown. Transfer cooked pancakes to the warm baking sheet in the oven while you finish the remaining batter.

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Step 8

Serve immediately topped with fresh berries, a dollop of Greek yogurt, or a light sprinkle of cinnamon. For best blood sugar control, pair with a protein source and avoid high-sugar syrups - consider a drizzle of nut butter or sugar-free fruit compote instead. Each serving is 3 pancakes.