

NO-FUSS KOMBUCHA BUNS & PANCAKES

Chantal Secours | Fresh is Real



BUNS & PANCAKE RECIPE INCLUDED

Use the same
dough to make
crackers, pancakes,
bread sticks, mini rolls,
flatbread and so
much more!



NO-FUSS KOMBUCHA BUNS

Grain-Free, Gluten-Free, Vegan, Plant-Based, Allergen-Friendly
Chantal | Fresh is Real

Prep Time: 25 minutes + 12 hours (overnight refrigeration)

Cook Time: 25 minutes

Total Time: 50 minutes (+overnight soaking)

Makes 6 buns

These No-Fuss Kombucha Buns will satisfy your bread cravings especially if you follow a gluten-free, grain-free and plant-based lifestyle. Soaking your dough mixture overnight will help break down the ingredients making them easier to digest.

This recipe is simple and perfect for anyone searching for nutritious and safe bread alternatives. It's easy; mix the ingredients, refrigerate overnight (12 hours), shape and bake!

Slice them in half for fantastic burger buns, a great sandwich vehicle and the most perfect morning toast!

BONUS:

This dough also has many baking possibilities like crackers, pancakes, breadsticks, mini rolls, flatbread, and so much more!

TOOLS:

Baking sheet or Dutch oven, a baking stone is excellent, unbleached parchment paper.

INGREDIENTS

Dry ingredients:

- 1 cup buckwheat flour*
- 1 cup sunflower seed flour*
- 4 tablespoons ground golden flax meal**
- 1 tablespoon coconut palm sugar
- 1 teaspoon active dry yeast***
- 1/2 tablespoon sea salt (fine grey sea salt is great)

Wet ingredients:

- 1/2 cup kombucha****
- 1/4 cup water or plant-based milk*****

Topping (optional):

Seeds or herbs: sunflower, pumpkin, hemp, sesame, poppyseed or dried herbs

INSTRUCTIONS

1. Combine the dry ingredients in a large glass bowl and mix until well combined.
2. Add wet ingredients and mix well, making sure no dry ingredients are left unmixed at the bottom.
3. Cover your bowl and refrigerate overnight for at least 12 hours.
4. Ready to bake? Preheat the oven, Dutch oven and/or baking stone on the middle rack***** to 450° for at least 30 minutes.
5. Have one or two parchment sheets ready to use. The parchment paper facilitates placing and removing the buns from the hot Dutch oven. Make sure your sheet(s) are at least 11 x 13 inches.
6. With a spatula or spoon and scoop out the dough onto parchment sheet(s). Divide dough into 6 equal portions.
7. Dust your hands with flour, buckwheat is excellent, to help shape your dough into 6 equal buns.
8. Flatten dough to desired bun shape as they won't rise much when baking.
9. You can dust a pattern (e.i., flower) with some buckwheat flour on each top. See video. Adding seeds, scoring your buns and spraying a mist of oil/water is optional.
10. If using a Dutch oven, remove it from the preheated oven—be careful it will be hot! Leave the baking stone in the oven if you are using one.
11. Transfer your dough with parchment paper into the Dutch oven, cover and bake for 20 minutes.

12. At the 20-minute mark, remove the buns using the parchment paper to lift it out of the Dutch oven and transfer the buns directly onto the baking stone or oven rack. Continue baking for another 5 minutes until the bottoms are golden. Did you use a baking sheet with foil? No problem! Check on the buns at 20 minutes, as they might need the additional 5 minutes to complete baking.
13. Place buns on a cooling rack and let cool for at least 10 minutes.
14. Enjoy with your favourite buttery topping or jam! These buns make the best toast (use a cast iron pan) and are also an excellent vehicle for homemade pizzas, burgers and sandwiches.

NOTES

* Milling your gluten-free, raw organic sunflower seeds and buckwheat groats into fine flours creates the best flavours. You can use a spice or coffee grinder, a smaller blender or a dry container Vitamix. Sift your flour then measure for best results.

** You can combine 2 tablespoons of whole psyllium husk with 2 tablespoons of flax meal (ground flax) as an alternative. If only psyllium, 2 tablespoons of whole psyllium husk should be sufficient.

*** The addition of active dry yeast is optional but recommended for the best texture making the buns a little less dense.

**** Use a kombucha brand that has good carbonation and the least amount of sugar. No added sugar preferably, and no other added ingredients. Homemade kombucha is perfect!

***** Homemade plant milk is the best as it should only have 2 components, the seeds/nuts and water. If you use water in this recipe make sure it's filtered or spring water..

***** You don't need a Dutch oven or baking stone but if you have both use them as it helps to distribute the heat more evenly. Place your baking stone on the middle rack then place your Dutch oven on top when baking. If you don't have either use a parchment-lined baking sheet and cover the buns with a piece of tented foil while baking.

Refrigeration Tip:

You can leave the dough in the fridge for 2-4 days. It will continue to ferment like sourdough because of the kombucha and added yeast. Don't be surprised if your buns taste more sour after 12+ hours.

Storage Tip:

Enjoy the buns the same day. Store any leftovers on the counter covered for 1 day then refrigerate for up to 5. You can also freeze these buns, but I suggest slicing them in half before doing so.



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INGREDIENTS

- 1 **NO-FUSS KOMBUCHA BUNS** dough mixture
- 1 cup plant milk (coconut, tigernut, hemp)
- 1-2 tablespoon(s) olive oil or coconut oil
- 1 tablespoon coconut palm sugar or maple syrup
- 1 teaspoon pure vanilla extract
(or 1/8 teaspoon pure vanilla bean powder) (optional)
- 1/4 teaspoon cinnamon
- Pinch of sea salt

Fresh berries (optional—but, oh so good!):

Toss in some fresh berries of your choice. You can add it to the wet mixture or place them on each pancake as the first side is cooking.

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Prep Time: 5 minutes
Cook Time: up to 15 minutes
Total Time: 20 minutes
Makes 12-16 mini pancakes

YOU WILL NEED:

A batch of the **NO-FUSS KOMBUCHA BUNS** dough recipe. Follow the buns recipe until the mixture has soaked overnight. In the morning, you will have the choice of baking buns, or with a few extra ingredients, you can make gluten-free vegan pancakes.

TOOLS: A cast iron pan works well for this pancake recipe.

TIP: You can divide this pancake recipe in half. A great way to make a few buns or flatbread along with a few pancakes.

If you do divide the dough in half, remember to half the pancake ingredients as well. So instead of a full cup of plant milk thin the dough mixture with only half the milk (1/2 cup).

INSTRUCTIONS

1. Preheat your cast iron pan on low setting. Make sure it's well seasoned. If it isn't, gently rub some olive or coconut oil all over the bottom of the pan before it gets too hot.
2. Combine the dough mixture with the plant milk, oil, sugar, vanilla, cinnamon, salt and mix well until the batter is smooth.
3. If you have fresh berries (half a cup should suffice) now is a great time to add them to the mixture. Gently fold them in.
4. Scoop out the mixture and place it in the preheated pan. Start with small pancakes to see how it goes.
5. If you find your batter too thick add a little more milk to thin it out.
6. Cook the first side of the pancakes until you start seeing bubbles on each surface. Cooking the first side can take up to 8 minutes. Don't rush it.
7. Once each pancake is easy to lift, flip them over to cook the second side. This side should take about 4-5 minutes.
8. Once ready, plate them and serve with more berries and your favourite pancake toppings!

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