



Whole Wheat Buttermilk Pancakes

By: Tracy Oldfather

Light - Fluffy - Delicious - Nutritious

Ingredients:

Dry

1-1/4 cups **Soft White Flour** or Kamute, freshly milled or other grain
1-2 Tbls **Bean Flour** optional, see tips*
1-2 Tbls **Sucanat**, Brown Sugar or Raw Sugar
1-1/2 tsps **Baking Powder**, aluminum free
1/2 tsp **Baking Soda**
1/2 tsp **Sea Salt**
1 tsp **Sunflower Lecithin**, optional
1 Tbl **Flax Seed**, freshly ground, optional

Liquids

1-1/4+ cups **Buttermilk***
1 **Egg**, lightly beaten
2 Tbls **Coconut Oil**, Melted Butter or Olive Oil

Makes: 8-10 medium pancakes



Instructions

Combine dry ingredients.

Combine liquids.

Add liquid mixture to dry mixture. Gently stir to incorporate until batter is smooth, but don't overmix. The **batter will be slightly runny** in the beginning, but **will thicken as it sits**. That's OK. **You want the batter to be on the thicker side for fluffier pancakes.** *If your batter becomes too thick, simply add a bit more milk or water.

Heat your griddle or frypan to medium-low heat. Do a test pancake to verify the right heat. If the heat is too high the pancake will darken too soon and the middle won't be cooked when flipped.

Allow the **pancake edges to become slightly dry** and **bubbles appear** in the pancake **before flipping**.

Serve immediately or **place** cooked pancakes **on a cooling rack** so the bottoms don't become soggy; drape with a dry towel to keep warm.

Of course, **top with softened butter** and syrup, jam, fruit, whipped cream or all of the above. Make extras; these freeze great to pop in the toaster.

Tips

*For added nutrition, throw in a 1 tablespoon dried white beans when milling grain.

**Fruit or nuts may be added into the batter or saved as a topping.