

PERFECT BUTTERMILK PANCAKES

(COURTESY OF WHEATFOODS.ORG)

Ingredients:

4 tablespoons butter, melted
2 cups all-purpose flour
2 teaspoons baking soda
1 teaspoon baking soda
3 tablespoons sugar
1 teaspoon salt
2 cups Buttermilk
1 teaspoon vanilla extract
2 eggs

Directions:

First, melt the butter and set aside to cool. Mix together the dry ingredients in a large bowl. In another bowl, whisk together the buttermilk, egg, and vanilla extract. Add the liquid to the dry mix and start lightly mixing together. The secret to thick, fluffy pancakes is not to over mix. Slowly drizzle in the cooled butter and stir another 3 times. Lumps are ok, resist the urge to mix more. Put in the fridge for 10 minutes. This helps the butter to chill and bubbles to form in your batter. Put a heavy bottom frying pan or griddle on medium-low heat. Spoon one big spoonful of the batter per pancake. Cook roughly 4 minutes on one side. It is time to turn them over when you see bubbles forming on the top of the pancake and the edges turn color. Flip and continue to cook each side until a golden brown. Enjoy with butter and maple syrup.

Servings: 8

Nutritional information for one serving: Calories: 143

3g Protein, 18g Carbohydrates, 6g Fat, 3g Saturated Fat, 49 mg Cholesterol, 494 mg Sodium.

