

Whole Grain Blueberry Pancakes with Flax

YIELD: eight 2-ounce pancakes
10 MONTHS PLUS

Ingredients:

Pancake Mix

3 cups whole wheat flour
3 cups all-purpose flour
1 ½ teaspoons baking soda
1 tablespoon baking powder
1 tablespoon salt
2 tablespoons sugar

Pancakes

2 cups pancake mix (from left)
2 tablespoons ground flaxseed (aka flax meal)
2 eggs
1 pint buttermilk
½ stick unsalted butter, melted (that is 1/8th of a pound)
½ cup fresh blueberries

Mix all ingredients together in a bowl.
Store in a zipper bag or in a plastic container with a tight fitting lid.

(This recipe can be cut in half)

Directions:

- Preheat griddle to 350°F (You can also use a large cast-iron pan or a nonstick pan. Just let it preheat for a while on medium heat – you'll have to practice a bit to achieve the correct and consistent heat.)
- Pour the pancake mix and the flax seed in a large bowl.
- In a smaller bowl, add eggs and whisk.
- Add buttermilk and then melted butter. Whisk again.
- Add the egg, buttermilk, butter mixture to the pancake mix and the flax seed.
- Add blueberries.
- Slowly whisk together and barely combine wet and dry ingredients. You do not want it to be smooth!
- Ladle mixture (about 2 ounces each) onto the griddle and cook until golden brown. Flip and cook the other side until golden brown. Approximate 5-6 minutes total.

