

# blueberry buttermilk pancakes

ingredients:

1  $\frac{3}{4}$  cup flour  
1 teaspoon baking soda  
2 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon cinnamon  
2 tablespoons sugar  
1  $\frac{1}{2}$  cups fresh organic blueberries  
2 cups buttermilk (make sure to shake)  
2 eggs  
 $\frac{1}{2}$  teaspoon vanilla extract  
2 tablespoons melted butter  
the zest of 1 lemon  
maple syrup, warmed

directions:

in a large bowl, combine dry ingredients: baking powder, baking soda, flour, sugar, salt, and cinnamon. using a whisk, blend together.

in a small bowl, combine blueberries and toss with 2 tablespoons of flour (to prevent blueberries from sinking in the batter).

in a medium bowl, whisk together eggs, buttermilk, melted butter, lemon zest, vanilla extract. while whisking, slowly pour the wet mixture into the bowl with the dry ingredients. be careful not to over-mix or the texture will dense rather than light and fluffy - batter should appear somewhat lumpy.

using a spoon or spatula, gently fold blueberries into the batter. let batter rest for 10 minutes (mom's secret to good waffles & pancakes - giving time for the baking powder/soda to activate).

preheat a griddle or large skillet on medium heat. add a generous amount of butter to the pan (which will give pancakes a golden crust). ladle  $\frac{1}{3}$  cup of the batter onto the pan. when pancake begins to bubble, flip and cook on the opposite side until golden brown. serve with warm maple syrup.