

Buckwheat Blueberry Pancakes

makes 16 4-inch pancakes

1 cup all purpose flour

1/2 cup whole wheat flour

1/2 cup buckwheat flour

2 tablespoons sugar

1 teaspoon baking soda

1 tablespoon baking powder

1/2 teaspoon salt

2 eggs

1 1/2 cup nonfat milk

1/2 cup nonfat plain yogurt

1/2 teaspoon vanilla

1/4 cup melted butter

1 cup blueberries (fresh or frozen-no need to defrost)

Prepare the batter

Combine the dry ingredients in a large bowl. Whisk to blend. In a separate bowl, whisk eggs lightly. Add milk, yogurt, and vanilla to eggs and blend. Pour wet mixture into flour mixture. Stir gently until just barely mixed. Pour in melted butter. Stir gently until just mixed. It may still be lumpy, but that is OK. Do not over mix or you will end up with tough pancakes.

Cook the pancakes

Heat a griddle on medium until a water droplet skids across the surface. Pour a dime-sized drop of vegetable oil onto the pan. Use a paper towel to spread the oil evenly over the griddle. Ladle batter onto griddle. Add berries to each pancake individually (optional, but recommended). Flip pancakes once bottom is nicely browned. Cook until center of pancake is fully cooked.

Serve with butter, jam, or syrup.