



Whole Grain Pancakes:

Yield: 20 pancakes
Preparation Time: About 15 minutes
Cooking Time: About 25 minutes

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none">• 1 cup (250mL) whole wheat flour• 1/3 cup (75mL) all purpose flour• 1/3 cup (75mL) quick-cooking oats• 1/3 cup (75mL) cornmeal• 2 tsp (10mL) baking powder• ¼ tsp (1mL) baking soda• ¼ tsp (1mL) salt	<ul style="list-style-type: none">• 2 large bowls• Measuring cups and spoons• Liquid measuring cup• Small bowl• Whisk or fork• Rubber spatula• Large non-stick frying pan or griddle• Pastry brush• Pancake flipper• Plate
<ul style="list-style-type: none">• 2 cups (500mL) buttermilk• 2 large eggs• 2 Tbsp (30mL) vegetable oil (or butter)• 2 Tbsp (30mL) honey (or fancy molasses)• Vegetable oil, to brush the pan	

Method:

1. Measure the **first seven ingredients** into a large bowl. Mix together well with a whisk or with your hand held like a large claw. Put aside for now.
2. Measure the **buttermilk** and pour into another large bowl.
3. Crack the **eggs** into a small bowl then add the eggs to the buttermilk.
4. Add the **vegetable oil** and **honey**. Whisk together.
5. Make a well in the centre of the dry ingredients. Pour the wet ingredients into the well. Mix with a spatula *just* until blended. Do not mix too much or you will have tough pancakes!
6. Place a large frying pan on the stove. Turn on heat to medium. Let the pan heat up for a minute. Brush the pan with a little oil.
7. Cooking 3 pancakes at a time, scoop a little less than a ¼ cup (50mL) of batter for each pancake from the bowl and place in the pan. Cook until browned and you see little bubbles appearing on the top side of the pancake, about 2 minutes. Flip the pancake and cook about 2 minutes on the other side.
8. Cooking 3 pancakes at a time, scoop a little less than a ¼ cup (50mL) of batter for each pancake from the bowl and place in the pan. Cook until browned and you see little bubbles appearing on the top side of the pancake, about 2 minutes. Flip the pancake and cook about 2 minutes on the other side.
9. Remove to a plate and keep warm in a low-temperature oven.
10. Repeat, adding a little oil when needed.
11. Serve with blueberry syrup or maple syrup.

Tasty Tip:

- If you don't have buttermilk, you can substitute 500mL milk plus 2 Tbsp (30mL) lemon juice or white vinegar. Mix then let sit for 15 minutes.
- Freeze extra pancakes between layers of wax paper in a freezer bag. Pop the pancakes into the toaster as needed.



Very Berry Blueberry Sauce:

Yield: About 625mL
 Preparation Time: 10 minutes
 Cooking Time: About 15 minutes

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none"> ● 2 ½ cups (625mL) fresh or frozen BC blueberries ● 1 tsp (5mL) freshly grated lemon zest (about 1 small lemon) ● Juice of ½ lemon ● ¼ cup (50mL) honey (or maple syrup or sugar) 	<ul style="list-style-type: none"> ● Measuring cups and spoons ● Micro-plane, grater or zester ● Small bowl ● Small, sharp knife ● Cutting board ● Reamer or juicer ● Small pot ● Wooden spoon or heat proof spatula

Method:

1. Measure blueberries and place into a pot.
2. Grate lemon zest into the pot.
3. Cut lemon in half. Squeeze the juice of ½ lemon into a small bowl. Add the lemon juice to the pot, catching the seeds by using your hand. Save the other half lemon in the fridge for another use.
4. Add honey.
5. Place on stove-top and turn on to high.
6. Heat the berries to a boil then turn the heat down to simmer the berries until they pop (about 5 to 10 minutes). Stir during cooking.
7. Remove from the heat and let the berry mixture cool.

Tasty Tip:

- Store in a covered container in the fridge for up to one week or freeze for up to one month.
- This is also very nice over plain or vanilla yogurt or on waffles.
- Pick the berries in the summer and freeze them for a treat in the winter.