Homemade Blueberry Pancakes

Nothing says "weekend" quite like pancakes. Nothing says "summer" quite like fresh berries. Put the two together and the magic really starts to happen.

Ingredients:

½ c. all-purpose flour
½ c. whole-wheat flour
1-½ t. baking powder
½ t. baking soda
¼ t. salt
1 c. buttermilk
1 whole egg
1 egg white
1 T. vegetable oil
1 c. fresh blueberries

Method:

1. In a large bowl, mix flours, baking powder, baking soda and salt with woodenspoon (about 10 circles).

2. In a medium bowl, whip together buttermilk, egg, egg white and oil with a wire whisk until light yellow in color (about 30 strokes).

3. Add wet ingredients to dry mixture. Whip with a wire whisk until it is combined (about 20 brisk strokes). It should still be a little bit lumpy.

4. Spray a large, nonstick skillet or griddle, then heat it to medium-hot. Drop a tiny bit of batter into the frying pan to test for the correct heat; when it sizzles it is ready. Pour ¼ cup batter for each pancake into the frying pan. Press blueberries onto each pancake.

5. Cook 3 or 4 pancakes at a time or whatever fits into the pan. When the pancake is all bubbly on top and the edges are starting to brown lightly, carefully flip the pancake using a spatula. Cook 1 or 2 minutes longer.

Serve warm with your favorite toppings. We suggest cottage cheese and syrup.

Makes about 10 pancakes

Adapted from seattletimes.com

Puget Sound Fresh is a program of Cascade Harvest Coalition, with funding provided by King, Snohomish and Pierce Counties and King Conservation District. For more information and to find other recipes, visit: www.pugetsoundfresh.org

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