

BUTTERMILK PANCAKES/WAFFLES

Prep: 5 minutes | Rest time: 10 minutes | Cook: 3 minutes

BATTER

½ cup all-purpose flour
½ cup Red Fife stoneground whole wheat flour (whole or sifted)
1 tsp sugar (optional)
1 tbsp baking powder

1 egg
⅔ cup buttermilk
⅔ cup milk
2 tbsp melted unsalted butter
pinch of salt (omit if using salted butter)

METHOD

Whisk together all the dry ingredients. You can adjust your flour combo any way you like, but we love the half and half mix (and also all Red Fife, which makes for a very nutty-flavoured pancake).

In another bowl, whisk your eggs and add the buttermilk, milk, and melted butter. Add to the dry ingredients and stir just until combined.

Let the batter sit for 10-15 minutes until bubbly in a warm place. Cook as usual on your favourite griddle, pan, or in a waffle iron.

Makes 8-10 pancakes or waffles, so we usually double the recipe.

ENJOY

