



Ingredients

- 2 cups **whole-wheat flour** or **oat flour**
- 2 teaspoons **baking powder**
- 1 teaspoon **baking soda**
- 1 teaspoon **salt**
- 2 **eggs**
- 1½ cups **buttermilk**
- 3 tablespoons **vegetable oil**

HOMEMADE BUTTERMILK PANCAKES

Prep Time: 10 minutes | Cooking Time: 25 minutes

Makes 16 medium pancakes

Directions

1. In a large bowl combine flour, baking powder, baking soda and salt.
2. In a separate bowl, beat the eggs.
3. Add the eggs, buttermilk and oil to the dry mixture and mix until moist. Do not over-mix (that can lead to tough, chewy pancakes).
4. Heat a large skillet over medium heat and coat with nonstick cooking spray. Pour ¼ cup of batter onto your skillet. Cook until bubbles appear on the surface (about 1 to 2 minutes). Flip with a spatula and cook until browned on the other side.
5. Serve immediately or individually freeze.
6. Have fun with the toppings. Try fresh fruit; peanut, nut or seed butter; plain yogurt (dairy or non-dairy); or the tried-and-true maple syrup (but just a little).

**To make your own buttermilk combine 1 ½ cups of dairy or non-dairy milk with 2 tablespoons vinegar and let sit for 5 minutes.*

