



# Blueberry Pancakes *gluten free*

## SERVINGS

12 pancakes

## DIRECTIONS

## TIME

20 minutes

## INGREDIENTS

- 1 cup buckwheat flour
- 1/2 cup rice flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon cornstarch
- 2 eggs or egg substitute
- 1 cup milk (any variety)
- 1/4 cup maple syrup
- 2 teaspoons vanilla
- 1 cup blueberries
- real maple syrup + extra blueberries

## EQUIPMENT

- Griddle or skillet + spatula to flip
- Large and medium bowl
- Whisk and spatula
- Dry and liquid measuring cups and measuring spoons + a fork, knife, and spoon

- Preheat griddle to medium-heat.
- Whisk buckwheat flour, rice flour, baking powder, salt, and cornstarch in a large bowl.
- Crack eggs into a medium sized bowl and remove any shells. Whisk with a fork to combine. Add milk, maple syrup, and vanilla and whisk again.
- Combine dry and wet ingredients with a spatula. Stir until just combined. Batter should be a bit lumpy. Let sit for 10 minutes before cooking.
- Use a 1/4 cup measuring cup to spoon batter onto hot griddle. Sprinkle 7-10 blueberries on top of each pancake. Flip when bubbles form and start to pop.
- Serve with real maple syrup and more blueberries, or our blueberry compote.

## TIPS TO INVOLVE THE KIDS

- Designate an area to get a bit messy!
- Preheat the griddle before you measure the ingredients. Make sure it is hot, or the pancakes will stick. Sprinkle a bit of water on the griddle when you think it's ready. If it sizzles, it's ready to go!
- Have the kids measure out each of the ingredients.
- Have kids crack eggs into a small bowl first so shells can be removed easily.
- Consider a double batch to have extras and get the kids to do a little math!

## EXTRA!

- Make our Blueberry Compote to pour on top of the pancakes!

