

Healthy Recipe of the Week



Use organic ingredients whenever possible.

Blueberry Buckwheat Pancakes

Originally in "The Food You Crave" by Ellie Krieger

Makes twelve 4-inch pancakes

$\frac{3}{4}$ cup buckwheat flour

$\frac{3}{4}$ cup whole-grain pastry flour, whole-wheat flour, or spelt flour

1 $\frac{1}{2}$ teaspoons baking powder

$\frac{1}{2}$ teaspoon baking soda

$\frac{1}{4}$ teaspoon salt

1 cup buttermilk

$\frac{3}{4}$ cup whole milk (you can find organic, non-homogenized at Dierberg's)

1 tablespoon honey

2 large eggs

2 tablespoons canola oil

2 cups fresh or (thawed) frozen blueberries

Cooking spray

$\frac{1}{2}$ cup pure maple syrup

In a large bowl, whisk together the flours, baking powder, baking soda, and salt. In a medium bowl, beat together the buttermilk, milk, honey, eggs, and oil. Stir the wet ingredients into the dry ingredients, mixing only enough to combine them. The batter will be somewhat lumpy. Stir in 1 cup of the berries.

Coat a large skillet or griddle with cooking spray and preheat over medium heat. Use a $\frac{1}{4}$ -cup measure to ladle the batter onto the griddle or skillet. Flip the pancakes when they are golden brown on the bottom and bubbles are forming on top, about 1 $\frac{1}{2}$ minutes. Cook the other side until golden brown, about another 1 $\frac{1}{2}$ minutes. Keep the pancakes warm in a 200° F oven as you finish cooking the remaining ones.

Serve topped with the remaining blueberries and the maple syrup.