

Jenny's Blueberry Buttermilk Pancakes

Make these fabulous pancakes once and you'll never use a mix again. And it's easier than you think – less than 5 minutes to make the batter. The key is not to over-mix so no electric mixer, please! When blueberries aren't in season, these are also great with diced apple.

1 cup all purpose flour (or 1/2 all purpose + 1/2 whole wheat pastry flour)
1 teaspoon baking powder
1/2 teaspoon baking soda
a dash of salt

1 cup low fat buttermilk
1 egg
2 Tablespoons oil (I use organic, expeller-pressed canola)

1 cup fresh blueberries

1. Sift dry ingredients into a medium bowl.
2. Combine buttermilk, egg and oil in a measuring cup.
3. Add liquid mixture to flour mixture, gently folding until almost combined.
4. Fold in blueberries. A lumpy batter is good.
5. Preheat an electric non-stick griddle to 375° or a large non-stick pan to medium-high. (no greasing is needed but if desired, rub pan lightly with a stick of butter)
6. Drop mounds onto griddle & cook for 2-3 minutes per side. When the edges are dry, the pancakes are done.

*makes 6-8 pancakes