

recipe by nanna

HERITAGE GRAIN PANCAKES

Blue Corn

Ingredients (8 pancakes)

Step One: Grab a mixing bowl and spoon

Step Two: Add and Mix

¼ cup of your wheat (e.g., einkorn, spelt, or whole wheat) flour

¼ cup of blue corn (or purple barley, rye, sorghum, millet) flour

½ teaspoon of baking powder (or use sourdough starter*)

Dash of salt

Step Three: Choose liquid ingredients and mix

½ cup of one liquid (milk, buttermilk, chai tea concentrate, or apple cider)

1 egg

1 tablespoon honey or agave nectar

Step Four: Mix wet and dry ingredients. Use ladle and drop small pancakes onto hot cooking surface with a little butter or olive oil.

Optional

Add optional tastes and textures: toasted almonds, chopped walnuts, pumpkin seeds, flaxseed, hemp seed, dried fruit mix, granola, oats, fresh or dried herbs, spices like chile. Serve with real maple syrup and fresh fruit or fruit compote.

*If you use sourdough starter, make your batter the night before with equal parts of water as your flour and 1 tbsp of starter and 1/2 cup of liquid from step three