



Long Livo

American Pancakes – Fluffy Breakfast Treat

10 min

Prep time

4

Servings

15 min

Cook time

Easy

Difficulty

25 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 1 ½ cups all-purpose flour
- ☐ 3 tablespoons granulated sugar
- ☐ 1 ½ teaspoons baking powder
- ☐ ¼ teaspoon baking soda
- ☐ ¼ teaspoon salt
- ☐ 1 ¼ cups buttermilk

- ☐ 1 large egg
- ☐ 3 tablespoons melted butter
- ☐ 1 teaspoon vanilla extract

For Serving

- ☐ Maple syrup
- ☐ Fresh berries
- ☐ Powdered sugar (optional)

Instructions

- 1** In a large bowl, whisk together flour, sugar, baking powder, baking soda, and salt; I like to sift them to keep the batter airy.
- 2** In another bowl, combine buttermilk, egg, melted butter, and vanilla; give it a gentle stir until just blended.
- 3** Make a well in the dry mixture and pour in the wet ingredients; fold until streaks disappear – a few lumps are fine, don't over-mix.
- 4** Let the batter rest for 5 minutes; this gives the baking powder a chance to work its magic.
- 5** Heat a non-stick skillet or griddle over medium-low heat and melt a small pat of butter; swirl to coat.
- 6** Pour ¼-cup portions of batter onto the skillet; cook until bubbles form on the surface and edges look set, then flip and cook another 1-2 minutes until golden.

Nutrition per serving

310 kcal

Calories

9 g

Protein

45 g

Carbs

10 g

Fat

Tips & notes

- Use a light hand when stirring; over-mixing creates tough pancakes.
- If the batter seems thick, add a splash of milk to reach a pourable consistency.
- Keep the skillet temperature steady; too hot makes the outside burn before the inside cooks.