



Long Livo

Blueberry Pancakes – Fluffy Breakfast Delight

15 min

Prep time

4

Servings

20 min

Cook time

Easy

Difficulty

35 min

Total time

American

Cuisine

Ingredients

Batter

- ☐ 1 1/2 cups all-purpose flour
- ☐ 2 tbsp granulated sugar
- ☐ 2 tsp baking powder
- ☐ 1/2 tsp salt
- ☐ 1 cup buttermilk
- ☐ 2 large eggs, lightly beaten

- ☐ 3 tbsp melted butter, cooled
- ☐ 1 tsp vanilla extract
- ☐ 1 cup fresh blueberries

To Serve

- ☐ Maple syrup
- ☐ Additional fresh blueberries
- ☐ Powdered sugar (optional)

Instructions

- 1 In a large bowl, whisk together flour, sugar, baking powder, and salt; sift to keep the batter light.
- 2 In another bowl, combine buttermilk, eggs, melted butter, and vanilla; stir until just blended.
- 3 Pour the wet mixture into the dry ingredients; fold gently until no large streaks remain. The batter will be a little lumpy—don't over-mix.
- 4 Fold in the blueberries, tossing them lightly to coat with flour; this helps them stay suspended.
- 5 Heat a non-stick skillet over medium-low heat; lightly oil with butter. Drop 1/4-cup batter per pancake. Wait until bubbles form on the surface, then flip and cook 1-2 minutes more.
- 6 Serve stacked, drizzled with maple syrup, sprinkled with extra berries, and dusted with powdered sugar if desired.

Nutrition per serving

310 kcal

Calories

9 g

Protein

44 g

Carbs

10 g

Fat

Tips & notes

- Let the batter rest for 5 minutes; this improves the texture.
- If the batter is too thick, add a splash of milk.
- For extra fluff, separate the egg whites and beat to soft peaks, then fold into the batter.