



Long Livo

Breakfast Pancake Poppers – Easy Bite-Sized Recipe

10 min
Prep time

4
Servings

15 min
Cook time

Easy
Difficulty

25 min
Total time

American
Cuisine

Ingredients

Batter

- ☐ 1 cup all-purpose flour
- ☐ 2 tbsp sugar
- ☐ 1 tsp baking powder
- ☐ 1/2 tsp salt
- ☐ 1 cup milk

- ☐ 1 large egg
- ☐ 2 tbsp melted butter
- ☐ 1 tsp vanilla extract

Optional Mix-Ins

- ☐ 1/4 cup fresh blueberries
- ☐ 2 tbsp chocolate chips
- ☐ 1 tbsp finely chopped nuts

Instructions

- 1 In a bowl, whisk together flour, sugar, baking powder, and salt; I remember the gentle rustle of the whisk, simple breakfast memories drifting in.
- 2 In another bowl, beat the egg with milk, melted butter, and vanilla; the liquid shimmers like a quiet sunrise.
- 3 Pour the wet mixture into the dry, stir just until combined—lumps are okay; they keep the poppers tender.
- 4 Heat a non-stick skillet over medium-low heat, brush with a little butter, then spoon 1-tablespoon batter for each popper; watch them puff and turn golden.
- 5 If using, add berries or chocolate chips onto the batter just before flipping; they melt slightly, adding pockets of flavor.
- 6 Serve warm, dusted with powdered sugar or drizzled with maple syrup; a quick bite and the day feels brighter.

Nutrition per serving

210 kcal
Calories

5 g
Protein

28 g
Carbs

8 g
Fat

Tips & notes

- Do not overmix the batter; it can make the poppers tough.
- For extra fluff, let the batter rest for 5 minutes before cooking.
- You can freeze the cooked poppers; reheat in a toaster oven for crispness.