



Long Livo

Cyril Lignac Pancakes – Easy Breakfast Recipe

10 min

Prep time

4

Servings

15 min

Cook time

Easy

Difficulty

25 min

Total time

French

Cuisine

Ingredients

Batter

- ☐ 1 ½ cups all-purpose flour
- ☐ 2 tbsp granulated sugar
- ☐ 1 tsp baking powder
- ☐ ¼ tsp baking soda
- ☐ ¼ tsp salt
- ☐ 1 cup buttermilk

- ☐ 2 large eggs, room temperature
- ☐ 2 tbsp melted butter, plus extra for cooking
- ☐ 1 tsp vanilla extract
- ☐ ½ tsp lemon zest

To Serve

- ☐ Fresh berries
- ☐ Maple syrup
- ☐ Powdered sugar

Instructions

- 1** In a bowl, whisk together flour, sugar, baking powder, baking soda, and salt; set aside.
- 2** In another bowl, combine buttermilk, eggs, melted butter, vanilla, and lemon zest; whisk until smooth.
- 3** Pour the wet mixture into the dry ingredients, stirring gently until just combined; a few lumps are fine. Let the batter rest for 5–10 minutes.
- 4** Heat a non-stick skillet over medium heat, add a small knob of butter. When foamy, ladle ¼ cup batter per pancake; cook until bubbles form on top, then flip and cook 1-2 minutes more until golden.
- 5** Stack pancakes, keep warm, and serve with berries, maple syrup, and a sprinkle of powdered sugar.

Nutrition per serving

320 kcal

Calories

9 g

Protein

38 g

Carbs

12 g

Fat

Tips & notes

- If the batter seems too thick, add a splash of milk; if too thin, sprinkle a bit more flour.
- For extra flavor, fold in a handful of blueberries just before flipping.
- The batter can be frozen in portions; thaw before cooking for a quick breakfast.