



Long Livo

Early Sunrise Pancakes

A bright, fluffy breakfast treat that feels like sunrise on a plate.

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 tbsp granulated sugar
- ☐ 1 tbsp baking powder
- ☐ ¼ tsp salt

For the Batter

- ☐ 1 ¼ cups buttermilk
- ☐ 2 large eggs

- ☐ 3 tbsp melted butter

- ☐ 1 tsp vanilla extract

- ☐ 1 tsp lemon zest

For the Topping

- ☐ 2 tbsp butter, melted

- ☐ Maple syrup, to serve

- ☐ Fresh berries, optional

Instructions

- 1 In a large bowl whisk together flour, sugar, baking powder, and salt; set aside.
- 2 In another bowl, beat the eggs, then stir in buttermilk, melted butter, vanilla, and lemon zest until combined.
- 3 Pour the wet mixture into the dry ingredients, stirring gently until just combined; a few lumps are okay.
- 4 Let the batter rest for five minutes while you preheat a lightly greased skillet over medium heat.
- 5 Spoon ¼-cup portions onto the skillet; watch for bubbles, then flip and cook another 1-2 minutes until golden. Serve warm with butter and maple syrup.

Nutrition per serving

310 kcal

Calories

9 g

Protein

42 g

Carbs

11 g

Fat

Tips & notes

- For extra fluff, fold in a tablespoon of whipped cream before cooking.
- If the batter seems too thick, thin with a splash of milk.
- Keep the skillet temperature steady; too hot will brown the outside before the inside sets.