



Long Livo

Fluffiest Pancakes – Ready in 5 Minutes

5 min

Prep time

4

Servings

5 min

Cook time

Easy

Difficulty

10 min

Total time

American

Cuisine

Ingredients

Batter

- ☐ 1 ½ cups all-purpose flour
- ☐ 2 tsp baking powder (fresh)
- ☐ ¼ tsp salt
- ☐ 1 tbsp sugar
- ☐ 1 cup buttermilk
- ☐ 1 large egg, separated

- ☐ 2 tbsp melted butter

- ☐ ½ tsp vanilla extract

- ☐ Zest of ½ lemon

To Serve

- ☐ Maple syrup
- ☐ Unsalted butter
- ☐ Fresh berries (optional)

Instructions

- 1 In a bowl sift flour, baking powder, salt, and sugar together; set aside.
- 2 In another bowl whisk the egg yolk with buttermilk, melted butter, vanilla, and lemon zest.
- 3 Combine wet and dry mixes gently; a few lumps are fine. Let the batter rest for 30 seconds.
- 4 Beat the egg white until soft peaks form, then fold it into the batter, turning slowly to keep the air.
- 5 Heat a non-stick skillet over medium-low, brush with a little butter. Pour ¼-cup portions; watch bubbles appear before flipping.
- 6 Cook the other side until golden, then keep warm in a low oven while you finish the batch.

Nutrition per serving

320 kcal

Calories

8 g

Protein

45 g

Carbs

10 g

Fat

Tips & notes

- Do not over-mix; the batter should be slightly lumpy.
- Fresh baking powder ensures maximum rise.
- If the batter seems too thick, add a splash of milk.