



Long Livo

Japanese Fluffy Pancakes – Light & Airy Breakfast

15 min

Prep time

4

Servings

20 min

Cook time

Medium

Difficulty

35 min

Total time

Japanese

Cuisine

Ingredients

Main Ingredients

- ☐ 2 large eggs, separated
- ☐ 3/4 cup whole milk, room temperature
- ☐ 1/2 cup cake flour
- ☐ 2 tbsp melted unsalted butter
- ☐ 1 tbsp granulated sugar

- ☐ 1 tsp baking powder

- ☐ Pinch of salt

For the Topping

- ☐ Powdered sugar for dusting
- ☐ Maple syrup or honey
- ☐ Fresh berries (strawberries, blueberries)

Instructions

- 1 Separate the eggs. Whisk the yolks with milk, melted butter, sugar, flour, baking powder, and salt until just combined.
- 2 In a clean bowl, beat the egg whites until soft peaks form. This will be the heart of the fluff.
- 3 Gently fold the whipped whites into the batter in three additions, being careful not to deflate the air.
- 4 Heat a non-stick skillet over the lowest setting. Lightly grease with butter, pour a ladle of batter, cover, and cook 2-3 minutes until the top is set.
- 5 Flip carefully, cook another minute, then slide onto a plate. Repeat, keeping the pan low.
- 6 Serve stacked, dust with powdered sugar, and drizzle with maple syrup or fresh berries.

Nutrition per serving

220 kcal

Calories

7 g

Protein

23 g

Carbs

9 g

Fat

Tips & notes

- Do not over-mix after adding the flour; a few lumps are okay.
- If the batter seems too thick, add a splash more milk.
- Using a silicone spatula helps preserve the airy structure.