

Buttermilk Pancakes



Serves	9
Prep time	10 minutes
Cook time	40 minutes
Total time	50 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Breakfast , Dessert , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Hot
Website	Martha Stewart

Ingredients

- 1 cup plain white flour
- 1 cup plain wholemeal flour
- 2 teaspoons baking powder
- 1 teaspoon bicarbonate of soda
- 1/2 teaspoon salt
- 3 tablespoons white sugar
- 2 Large eggs
- 3 cups buttermilk
- 4 tablespoons butter (melted)
- Extra butter (for cooking)

Directions

1. Sift the flours, baking powder, bicarbonate of soda, salt and sugar together in a medium sized bowl, adding the husks back in.
2. In a separate bowl combine the eggs, buttermilk and melted butter.
3. Add the liquid ingredients to the flour and whisk to combine, the batter should have small to medium lumps.
4. Melt a little bit of butter in a hot frying pan. Pour a 1/2 cup of batter into the frying pan and cook until there are bubbles on the top. Flip over and cook until the bottom is golden. Repeat for the remaining batter.
5. If you want to serve the pancakes all at once, preheat the oven to 100°C (Low) and keep the pancakes warm in the oven wrapped in foil.
6. Serve warm with your favourite toppings.



Note

Low Chemical / Failsafe