



Wolf Pine Farm

Community Supported Agriculture

Multigrain Pancakes

These are the Sunday morning staples here at Wolf Pine Farm. We're trying to identify some allergies with our oldest daughter, Delia, and the almond milk/egg replacer (we used flax seeds – google “flax seeds as egg replacer” for details) and sunflower oil version worked great. I usually use at least 75% whole wheat bread flour (the same as in your shares) and they turn out great.

Ingredients

1 ½ cups whole wheat + all purpose white flour (use all whole wheat for a rich hearty pancake and more white flour for a fluffier creation). ¼ cup cornmeal ¼ cup oats (add whole or grind in food processor for a finer consistency)	1 ½ cups milk (or soy/rice/almond milk) 1 lg. Egg or equivalent 2 T butter or oil (any sunflower oil left?) ½ t baking soda 2 t baking powder ½ t salt 1 cup blueberries
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Instructions

1. Warm up griddle. (Cast iron seems to work *so* much better for me than other pans.
2. Remove blueberries from freezer and let thaw some on a plate.
3. Soften butter until almost melted in saucepan or microwave
4. Beat egg. Add butter and milk.
5. In separate bowl, mix dry ingredients.
6. Fold wet into dry. Do not overmix.
7. Consistency will vary with flour types. If cakes are too dry at this point (they “stand up” on the griddle too much), add a little more milk until they look right.
8. Add berries & cook ‘em up!