

Ahmad Rashad's Banana Pancakes

Internet

Batter Ingredients:

- 3 Eggs, large
- 1 cup Flour, all-purpose, sifted
- 3 teaspoons Baking powder
- $\frac{1}{2}$ cup Milk, low-fat
- 2 tablespoons Vegetable oil
- 2 Bananas, large, ripe, mashed

Topping Ingredients:

- 1 Banana, sliced
- Honey, warmed
- Maple syrup, warmed
- $\frac{1}{4}$ cup Pecans, chopped

Instructions:

In a mixing bowl, using a hand or electric mixer, beat eggs for 2 minutes until frothy. Add flour, baking powder, milk and oil. Stir in bananas. On a hot griddle, pour $\frac{1}{4}$ cup batter for each pancake. Cook until edges become dry, about 2 minutes per side. Top with banana slices. Drizzle with honey or maple syrup and sprinkle with pecans.

American Style Flapjacks/Pancakes

Internet

Ingredients:

- 1 cup Flour
- 1 Egg
- 1 tablespoon Butter/margarine, melted
- 2/3 cup Milk
- 1½ teaspoons Baking powder
- 3 tablespoons Sugar
- ¼ teaspoon Salt

Instructions:

Sift the dry ingredients together, add the egg and mix it in until it is almost absorbed. Add the milk and mix until semi-smooth. Mix in the molten butter/margarine. Use less sugar if you like to use a lot of syrup.

Apfelpfannkuchen (Apple Pancakes)

Internet

Ingredients:

- 2/3 cup Flour; Unbleached, Unsifted
- 2 cups Apple; Slices
- 2 teaspoons Sugar
- $\frac{3}{4}$ cup Butter Or Margarine
- $\frac{1}{4}$ teaspoon Salt
- 2 tablespoons Sugar
- 4 Eggs; Large, Beaten
- $\frac{1}{4}$ teaspoon Cinnamon
- $\frac{1}{2}$ cup Milk

Instructions:

Sift together the flour, 2 teaspoons sugar, and the salt. Beat eggs and milk together. Gradually add flour mixture; beat until smooth. Saute apples in $\frac{1}{4}$ cup of butter until tender. Mix 2 tablespoons sugar and the cinnamon together; toss with apples. Melt 2 tablespoons butter in a 6-inch diameter, deep frying pan. Pour in the batter to a depth of about $\frac{1}{4}$ inch. When set, place $\frac{1}{4}$ of the apples on top; cover with more batter. Fry pancake until lightly browned on both sides. Keep warm. Repeat the procedure 3 times, until all batter and apples are used. Serve immediately.

Apple Almond Pancakes

Internet

Ingredients:

- $\frac{1}{2}$ cup Whole-wheat flour
- $\frac{1}{2}$ cup Unbleached flour
- 1 tablespoon Brown sugar
- $1\frac{1}{2}$ teaspoons Baking powder
- $\frac{1}{4}$ teaspoon Salt
- 2 Eggs, separated
- 4 tablespoons Oil
- $\frac{1}{2}$ cup buttermilk
- $\frac{1}{2}$ cup apple juice
- $\frac{1}{4}$ cup Chopped almonds

Instructions:

Combine flour, sugar, baking powder and salt in a mixing bowl. Beat egg yolks with oil, buttermilk and apple juice. Stir into flour mixture with nuts until all ingredients are moistened (do not over stir). Beat egg whites until stiff and fold into batter. Spoon onto a hot, greased griddle and turn once when bubbles appear.

Apple Oat Pancakes

Internet

Ingredients:

- $\frac{1}{2}$ cup quick-cooking rolled oats
- 2 cups water
- 2 cups pancake mix
- $\frac{1}{2}$ cup apple, shredded
- 2 tablespoons sugar
- $\frac{1}{2}$ teaspoon cinnamon

Instructions:

In medium bowl, combine rolled oats and water; let stand 5 minutes. Meanwhile, heat large nonstick skillet or griddle to medium high heat (375F). Grease lightly with oil. Add remaining ingredients to rolled oats mixture; stir just until all ingredients are moistened. (Batter will be thin). For each pancake, pour $\frac{1}{4}$ cup batter into hot skillet. Cook 1 to 1 $\frac{1}{2}$ minutes, turning when edges look cooked and bubbles begin to break on surface. Continue to cook 1 to 1 $\frac{1}{2}$ minutes or until golden brown. Serve with syrup, if desired.

Note: use low-fat Bisquick if you prefer.

Apple Pancakes

Internet

Ingredients:

- 1 cup Whole wheat flour
- 1 cup White enriched flour
- $\frac{1}{2}$ teaspoon Salt
- 1 tablespoon Brown sugar
- $1\frac{3}{4}$ cups Milk
- 2 Eggs
- 2 Apples, diced

Instructions:

Mix together dry ingredients. Add liquid ingredients; mix well, Add diced apples. Mix together. Bake on a hot greased skillet.

Apple Pecan Pancakes

Internet

Ingredients:

- 1 cup flour
- 2 tablespoons brown sugar
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{3}{4}$ cup milk -- plus 2 tablespoons
- 2 eggs -- separated
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ cup apples, peeled -- chopped fine
- $\frac{1}{2}$ cup pecans -- chopped
- 1 Apple Spice Syrup

Instructions:

In a bowl, combine flour, brown sugar, baking powder, salt and cinnamon. Stir in milk, egg yolks, and vanilla. Add apple and pecans. Beat egg whites until stiff peaks form; fold into batter. Pour batter by $\frac{1}{4}$ cupfuls onto a hot greased griddle or skillet. Turn when bubbles begin to form and the edges are golden. Cook until the second side is golden. Serve with Apple Spice Syrup.

Apple-Cinnamon Oat Pancakes

Internet

Ingredients:

- $\frac{1}{2}$ cup Whole Wheat Flour
- $\frac{1}{2}$ cup Quick-cooking or old-fashioned oats
- 1 tablespoon Sugar
- 1 teaspoon Baking powder
- $\frac{1}{2}$ teaspoon Cinnamon
- $\frac{1}{2}$ teaspoon Salt
- 1 Egg
- $\frac{2}{3}$ cup Milk
- $\frac{1}{2}$ cup Applesauce
- 2 tablespoons Vegetable oil
- $\frac{1}{2}$ cup Chopped walnuts

Instructions:

Stir together flour, oats, sugar, baking powder, cinnamon, and salt in mixing bowl. Beat egg in separate bowl; stir in milk, applesauce, and oil. Add liquid mixture to dry ingredients, stirring just until blended. Fold in walnuts. Pour batter onto heated (340) lightly greased skillet or griddle, using about $\frac{1}{4}$ cup batter for each pancake. Brown on one side. Turn when tops are covered with bubbles and edges begin to look dry. Brown on other side.

Bacon Pancakes

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Ingredients:

- 2 cups Sourdough Starter
- 1 Egg -- beaten
- $\frac{1}{2}$ cup Bacon -- fried and crumbled
- 2 tablespoons Oil -- bacon fat
- 2 tablespoons Sugar
- Flour -- as needed
- $\frac{1}{2}$ teaspoon Baking soda

Instructions:

Add egg, bacon, oil and sugar to the starter and mix briefly. Add flour to make desired thickness and mix till lump free. Just before cooking dissolve baking soda into 1 tablespoon of water mix gently with batter then cook in a (400) hot griddle make 2 or 3 inch rounds cook for 2 to 4 minutes turn and cook 2 more minutes.

Baking Mix Pancakes

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Ingredients:

- 1 egg white -- whipped
- 1 cup skim milk -- at room temperature
- 1 teaspoon vanilla
- 3 tablespoons Fleischmann's® Fat Free Spread
- 1 ½ cups low-fat baking mix
- 1 teaspoon baking powder

Instructions:

Prepare skillet with cooking spray and heat on medium until hot. In a mixing bowl, combine egg white, milk, vanilla, and spread. In another mixing bowl, combine baking mix and baking powder. Mix dry ingredients with wet ingredients just until moistened. Ladle in the batter, using 2 or more tablespoons per cake. Cook for 2 minutes, then flip carefully and cook for 2 minutes more. Repeat with remaining batter.

Banana Bran Pancakes

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Ingredients:

- 1 1/3 cups milk
- 2 eggs
- 1/4 cup vegetable oil
- 1 teaspoon vanilla
- 1/2 cup banana
- 1 1/2 cups Bran Chex cereal
- 1 cup all purpose flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/8 teaspoon ground nutmeg

Instructions:

In blender, process milk, eggs, oil, vanilla, and banana just to mix. Add bran cereal, process. Add remaining ingredients. Process to combine. Scrape sides of container. Let stand 5 minutes. Stir. Bake on preheated, lightly greased griddle over medium heat. Pour out enough batter to form 3" to 4" pancakes. Cook until edges are set. Turn. Cook until browned. Repeat with remaining batter. Refrigerate or freeze leftover pancakes with two squares of waxed paper between each.

Banana Buttermilk Buckwheat Pancakes

Internet

Ingredients:

- 1 cup All-purpose flour
- 1/3 cup Whole-wheat flour
- ½ cup Buckwheat flour
- 2 tablespoons Sugar
- 1 teaspoon Baking soda
- 4 teaspoons Baking powder
- 2 Eggs; slightly beaten
- 4 tablespoons Butter; melted
- 1 ½ cup Buttermilk
- ½ cup Milk
- 2 Ripe bananas; mashed

Instructions:

In a large bowl, combine flours, sugar, salt, baking soda and baking powder. In another bowl, combine remaining ingredients. Add liquid mixture to the dry ingredients, stirring well. Drop by 1/3 cupfuls onto a hot griddle.

Banana Nut Pancakes

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Ingredients:

- 1 $\frac{1}{2}$ cups Rice flour
- 2 teaspoons Baking powder
- 1 teaspoon Salt
- $\frac{1}{2}$ teaspoon Xanthan gum
- 1 $\frac{1}{4}$ cup Water
- 3 tablespoons Vegetable oil
- 2 tablespoons Honey
- 2 Egg yolks; beaten
- 2 large Bananas; mashed
- $\frac{1}{2}$ cup Chopped walnuts
- 2 Egg whites
- Vegetable oil; for frying

Instructions:

Combine flour, baking powder, salt and xanthan gum in medium bowl. Stir in water, oil, honey, egg yolks, banana and nuts. Beat egg whites in medium bowl until stiff peaks form. Fold into batter. Pour batter onto hot oiled griddle or skillet; cook on both sides until golden brown.

Blueberry Buttermilk Pancakes

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Ingredients:

- 1 cup Flour
- $\frac{1}{2}$ teaspoon Salt
- 1 teaspoon Baking soda
- 1 cup Buttermilk
- 2 Egg; slightly beaten
- 1 cup Blueberries; washed, dried and rolled in flour

Instructions:

Blend flour, salt and baking soda. In separate bowl, combine buttermilk, eggs and butter. Stir the two mixtures together just long enough to blend them, but do not overbeat. Fold in blueberries. Heat 2-3 tablespoons of butter on a griddle or large skillet over medium heat. Spoon out 3-4 tablespoons butter for each pancake. Cook until the bubbles that form on top begin to pop, then flip. Cook a minute or so more.

Blueberry Corn Pancakes

Internet

Ingredients:

- 1 $\frac{1}{2}$ cup Yellow cornmeal
- 1 teaspoon Baking soda
- $\frac{1}{4}$ cup Whole wheat flour
- 1 teaspoon Salt
- 2 tablespoons Honey
- 2 tablespoons Safflower or corn oil
- 2 cups Buttermilk
- 1 Egg; lightly beaten
- 1 $\frac{1}{2}$ cups Blueberries

Instructions:

Combine the flour, cornmeal, baking soda and salt in a medium bowl. Reserve. Combine the wet ingredients. Stir well and quickly mix into dry ingredients. Let stand for 10 minutes to soften cornmeal. Gently stir in the blueberries. Lightly grease a preheated skillet. Allow about $\frac{1}{4}$ cup batter for each pancake. Cook until bubbly, turn and cook on other side until golden brown.

Blueberry Pancakes

Internet

Ingredients:

- 1 cup Whole wheat flour
- 1 teaspoon Baking powder
- $\frac{1}{4}$ teaspoon Salt
- $\frac{1}{4}$ teaspoon Baking soda
- 1 tablespoon Sugar if blueberries are unsweetened
- $\frac{1}{2}$ cup Soymilk or rice milk
- $\frac{1}{2}$ cup Canned blueberries w/juice

Instructions:

Mix the dry ingredients together; then mix in the soymilk and the blueberries. If the batter is too thick, mix in more blueberry juice until it is the right consistency. Cook in a nonstick pan until they look edible. They will be very blue!

Griddle Cakes

Internet

Ingredients:

- 1 $\frac{1}{2}$ cups Bread crumbs; stale - fine
- 2 Eggs
- 1 $\frac{1}{2}$ cups Milk; scalded
- $\frac{1}{2}$ cup Flour
- 2 tablespoons Butter
- 4 teaspoons Baking powder
- $\frac{1}{2}$ teaspoon Salt

Instructions:

Add milk and butter to crumbs and soak until crumbs are soft. Add well beaten eggs, then flour, salt, and baking powder. Cook same as other griddle cakes.

Buckwheat Pancakes

Internet

Ingredients:

- 1 cup buckwheat flour
- 1 cup whole wheat flour
- 1 tablespoon EnerG egg replacer
- 1 tablespoon baking powder
- 1 teaspoon vanilla
- 1 teaspoon cinnamon (optional)
- $\frac{1}{2}$ cup applesauce
- 2 cups water (can add a bit more if you like thinner cakes)

Instructions:

Mix all dry ingredients until evenly blended. In large bowl (or a wide-mouth jar) add liquids and mix (or shake) as little as possible to make batter. Small lumps are OK, they'll disappear in cooking. Over mixing will make pancakes flat and heavy. Spray a $\frac{1}{2}$ second of Pam on a non-stick griddle and then wipe surface with a folded paper towel. Wipe again with same paper for each new batch

Buttermilk Pancakes

Internet

Ingredients:

- 2 cups all-purpose flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- ½ teaspoon baking soda
- 2 cups buttermilk
- 1 tablespoon sugar
- 2 whole egg
- ¼ cup Canola oil

Instructions:

Sift flour, sugar, baking powder, baking soda, and salt into large bowl. Combine eggs, buttermilk and oil in medium bowl. Stir liquid ingredients into dry ingredients until moistened. Let stand 10 minutes. Preheat griddle over medium heat, grease lightly. Pour about ¼ cup batter onto hot griddle for each pancake. Cook until tops are bubbly and appear dry. Turn and cook until browned, about 2 minutes.

Buttermilk Pancakes W/ Blueberry Sauce

Internet

Ingredients:

- 1 cup Blueberries
- 2 tablespoons Sugar
- 1½ teaspoons Cornstarch
- ¼ cup Water
- 1 teaspoon Lemon Juice
- ½ cup Whole Wheat Flour
- ¼ cup Flour
- 1 teaspoon Baking Powder
- ¾ cup Non-Fat Buttermilk
- ¼ cup Egg Substitute Product
- 2 tablespoons Honey

Instructions:

Blueberries can be fresh or frozen. To make blueberry sauce, in a small saucepan, combine blueberries, sugar and cornstarch. Stir in water and lemon juice. Cook over medium heat, stirring constantly until mixture and sauce thickens. Set aside. To make pancakes, in a medium bowl, combine flours and baking powder. In a small bowl, combine buttermilk, egg product and honey. Stir buttermilk mixture into flour, stirring until smooth. Preheat non-stick skillet, sprayed with vegetable oil spray, over medium heat. Pour batter in skillet to make six small pancakes. Cook until bubbles break on the surface. Turn and cook until golden brown. Serve with blueberry sauce.

Cheddar Pancakes

Internet

Ingredients:

- 8 oz Cheddar; Medium, Grated
- $\frac{3}{4}$ cup Dairy Sour Cream
- 3 Egg Yolks, Large, Beaten
- 2 tablespoons Unbleached Flour; PLUS
- 1 teaspoon Unbleached Flour
- $\frac{3}{4}$ teaspoon Salt
- 1 $\frac{1}{2}$ teaspoon Thyme
- $\frac{1}{2}$ teaspoon Mustard; Dry
- 2 tablespoon Butter

Instructions:

Set out a heavy skillet. Put the grated Cheddar Cheese in a bowl and add the sour cream and egg yolks, mixing well after each addition. Add the flour salt thyme and dry mustard, which have been mixed well in a separate bowl or cup. Melt the butter in the skillet over low heat and drop the batter by teaspoon into the skillet. Cook over medium heat until lightly browned on the bottom. Loosen the edges with a spatula, turn and lightly brown the other side. Serve at once with bacon or pork sausage.

Chinese Pancakes

Internet

Ingredients:

- 2 cups All-purpose flour
- $\frac{3}{4}$ cups Very hot water (or more)
- 2 tablespoons Sesame oil

Instructions:

Put the flour into a large bowl. Stir the hot water gradually into the flour, mixing all the while with chopsticks or a fork until the water is fully incorporated. Add more water if the mixture seems dry. Remove the mixture from the bowl and knead it with your hands until smooth. This should take about 8 minutes. Put the dough back into the bowl, cover it with a clean, damp towel and let it rest for about 30 seconds. After the resting period, take the dough out of the bowl and knead it again for about 5 minutes, dusting with a little flour if it is sticky. Once the dough is smooth, form it into a roll about 18 inches long and 1 inch in diameter. Take a knife and cut the roll into equal segments. There should be about 18. Roll each segment into a ball. Take two of the dough balls, dip one side of one ball into the sesame oil and place the oiled side on top of the other ball. Take a rolling pin, and roll the two together into a circle about 6 inches in diameter. It is important to roll double pancakes in this way because the resulting dough will remain moist inside and you will be able to roll them thinner but avoid the risk of overcooking them later. Heat a skillet or wok over a very low heat. Put the double pancake into the wok or pan and cook it until it has dried on one side. Flip it over and cook the other side. Remove from the pan, peel the pancakes apart and set them aside. Repeat this process until all the dough balls have been cooked. Steam the pancakes to reheat them, or you can wrap them tightly in a double sheet of foil and put them into a pan containing 1 inch of boiling water.

Chocolate Dot Pancakes

Internet

Ingredients:

- $\frac{1}{2}$ cup Prepared pancake mix
- $\frac{1}{3}$ cup Chocolate chips
- 1 Egg, slightly beaten
- 1 tablespoon Sugar
- $\frac{1}{2}$ cup Milk
- Soft vanilla ice cream OR
- Cool Whip

Instructions:

Combine the pancake mix, sugar and chocolate chips. Stir in the milk and the egg. Drop by heaping tablespoons full onto a heated grill or skillet. Fry until bubbly. Turn, brown on the other side. Serve with soft vanilla ice cream or cool whip layered between two pancakes.

Cilantro Corn Pancakes

Internet

Ingredients:

- $\frac{1}{2}$ cup Flour
- 1 teaspoon Baking powder
- $\frac{1}{2}$ teaspoon Baking soda
- 1 teaspoon Sugar
- $\frac{1}{4}$ teaspoon Salt
- $\frac{1}{3}$ cup Cornmeal
- 1 Egg or
- 2 Egg whites
- 1 cup Buttermilk or Fresh plain yogurt
- 2 tablespoons Vegetable oil
- 1 cup Corn kernels cooked and drained
- $\frac{1}{4}$ cup Mild chilies, roasted, chopped, peeled, and seeded
- $\frac{1}{4}$ cup Fresh cilantro, chopped
- $\frac{1}{3}$ cup Scallions, chopped
- Vegetable oil
- Mild salsa
- Sour cream

Instructions:

In large bowl, sift together the flour, baking powder, baking soda, sugar and salt. Stir in cornmeal. In another bowl, lightly beat egg or egg whites, add buttermilk, oil, corn, chilies, cilantro and scallions. Add to dry ingredients; stir until combined. Place a griddle or large skillet over medium-high heat. When hot, brush with oil, then drop batter by large tablespoonfuls onto griddle. Cook until tiny holes form on each pancake. Turn pancakes; brown on other side. Pass mild salsa and sour cream to spoon over pancakes.

Corn Pancakes

Internet

Ingredients:

- 1½ cup Flour
- 4 teaspoons Baking powder
- 2/3 cup Corn meal
- 2/3 teaspoon Salt
- 3 tablespoons Sugar; granulated
- 1 Egg; beaten
- 1½ cup Milk
- 2 tablespoons Fat; melted

Instructions:

Mix ingredients and beat together for 2 minutes. Pour onto greased griddle size of cake desired. Bake until upper sides are filled with bubbles. Turn once. Serve piping hot.

Cornmeal Pancakes

Internet

Ingredients:

- 1/3 cup Yellow cornmeal
- 1/3 cup Flour
- 2 tablespoons Instant non fat dry milk
- 2 teaspoons Sugar
- 1 teaspoon Baking powder
- 1/8 teaspoon Salt
- 1 large Egg
- 1/3 cup Water
- 1 tablespoon Margarine; melted

Instructions:

Mix dry ingredients. Mix egg and water thoroughly. Stir into dry ingredients with margarine. Mix until dry ingredients are barely moistened. Batter will be lumpy. For each pancake, pour batter onto hot griddle or frying pan, using about 3 tablespoons batter. Cook until top is bubbly and edges begin to dry. Turn and brown other side.

Country Style Buttermilk Pancakes with Berry

Internet

Ingredients:

- 2 tablespoons Corn oil
- 3 Egg whites
- 1 cup Buttermilk
- 1½ teaspoons Baking powder
- ¼ teaspoon Salt
- 2 tablespoon Brown sugar
- 1 tablespoon Cornmeal
- ½ cup Wheat flour, whole-grain
- ½ cup White flour

Berry Sauce Ingredients:

- 2 cups Berries
- 2 tablespoons Honey
- 2 tablespoons Sugar

Instructions:

Beat together buttermilk, egg whites, and corn oil. Stir buttermilk mixture into the dry ingredient mixture. Mix. Top with Homemade Berry Sauce

Berry Sauce Instructions:

Combine 2 cups berries (blueberries, raspberries or strawberries), honey and sugar in small saucepan stirring constantly. Turn heat down and simmer for 3 minutes. Serve warm.

Fruity Buttermilk Pancakes

Internet

Ingredients:

- $\frac{3}{4}$ cup whole wheat flour
- $\frac{3}{4}$ cup flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- $1\frac{1}{2}$ tablespoon sugar
- 2 egg whites
- $1\frac{1}{2}$ cup buttermilk
- $\frac{1}{4}$ cup cottage cheese
- $\frac{1}{2}$ teaspoon vanilla
- $\frac{1}{2}$ cup chopped strawberries; or any other fruit
- $\frac{3}{4}$ cup maple syrup

Banana Cream Topping Ingredients:

- $\frac{1}{2}$ cup sour cream or yogurt
- $\frac{1}{2}$ cup mashed bananas
- 2 tablespoon brown sugar
- $\frac{1}{8}$ teaspoon cinnamon

Instructions:

In large bowl, combine flours, baking powder, baking soda, and sugar. Set aside. In medium bowl, whisk together egg whites, buttermilk, cottage cheese and vanilla. Add to flour mixture, stirring just until moist. Gently stir in fruit. Spray large skillet with non-stick spray and heat over medium. Spoon dollops of batter into skillet and spread well with spoon (otherwise it will not cook thoroughly). Cook until bubbles break, then flip and cook until lightly browned. Serve with maple syrup and banana cream topping

Golden Orange Pancakes

Internet

Ingredients:

- $\frac{3}{4}$ cup All-purpose flour
- $\frac{3}{4}$ cup Whole wheat flour
- $\frac{1}{4}$ cup Wheat germ
- 2 teaspoon Baking powder
- $1\frac{1}{2}$ teaspoon Sugar
- $\frac{1}{2}$ teaspoon; salt
- $\frac{3}{4}$ cup Skim milk
- $\frac{3}{4}$ cup Unsweetened orange juice
- 1 Egg; beaten
- $\frac{1}{2}$ teaspoon Grated orange rind
- Vegetable cooking spray

Instructions:

Combine first 6 ingredients in a large bowl; make a well in center of mixture. Combine milk, orange juice, egg, and orange rind; add to dry ingredients, stirring just until moistened. For each pancake, pour $\frac{1}{4}$ cup batter into hot griddle or skillet that has been coated with cooking spray. Turn pancakes when tops are covered with bubbles and edges look cooked.

Honey Pancakes

Internet

Ingredients:

- 4 oz Self-raising Flour
- 2 tablespoons Sugar
- 1 Egg, Size 3, beaten
- $\frac{1}{4}$ pint Milk
- $\frac{1}{4}$ pint Clear Honey
- Banana Pieces for decoration
- Fig and Kiwi halves for decoration

Instructions:

Lightly grease a heavy-based frying pan and 4 crumpet rings. Sieve the flour into a large mixing bowl and stir in the sugar. Make a well in the center and stir in the beaten egg and milk to form a batter. Heat the frying pan over a medium heat and place the crumpet rings inside. Spoon half the batter into the crumpet rings and cook for 2 to 3 minutes. Remove the crumpet rings, then turn the pancakes over and continue to cook for 3 minutes. Repeat with the remaining batter. Meanwhile, place the honey in a pan and heat gently for 2 minutes. Arrange the pancakes on a serving plate and drizzle the warmed honey over the top. Decorate with banana pieces, fig and kiwi halves, and serve immediately with fresh cream if liked

Honey-Apple Pancakes

Internet

Ingredients:

- 1½ cup All-purpose flour
- 2 teaspoons Baking powder
- ½ teaspoon Salt
- ¼ teaspoon Apple pie spice
- 1/8 teaspoon Baking soda
- 1 Egg; beaten
- ¾ cup Apple juice
- 2 tablespoons Honey
- 1 tablespoon Cooking oil
- Nonstick spray coating

Instructions:

In a medium bowl stir together flour, baking powder, salt, apple pie spice, and baking soda. In a small bowl stir together egg, apple juice, honey, and oil; add all at once to the flour mixture, stirring till mixed but still slightly lumpy. Spray a cold nonstick griddle or heavy skillet with nonstick spray coating. Preheat griddle or skillet over medium heat. For each pancake, pour about ¼ cup of the batter onto the hot griddle or heavy skillet. Cook for 2 to 3 minutes or till pancakes have a bubbly surface and slightly dry edges. Turn pancakes; cook for 2 to 3 minutes more or till brown.

Kentucky Griddle Cakes

Internet

Ingredients:

- 1 cup Yellow Cornmeal
- $\frac{1}{2}$ cup All Purpose Flour
- 1 teaspoon Sugar
- $\frac{3}{4}$ teaspoon Salt
- $\frac{1}{2}$ teaspoon Baking Powder
- $\frac{1}{2}$ teaspoon Baking Soda
- 1 cup Buttermilk
- 1 large Egg
- 2 tablespoons Vegetable Oil
- 1 cup Maple Syrup, Warmed

Instructions:

Mix the cornmeal, flour, sugar, salt, baking powder and baking soda in a medium size bowl. Combine the buttermilk, egg and oil in a small bowl. Stir the buttermilk mixture into the cornmeal mixture just until well blended (the batter will still be slightly lumpy). Lightly oil the griddle or large frying pan. Heat over medium high heat until a drop of water will dance across the surface. Stir the batter and drop a test cake ($\frac{1}{4}$ cup of batter) on the griddle. Cook until the bubbles burst on the top surface and the bottom is light brown. Turn and cook the other side until it is browned (1-2 minutes). (Add more buttermilk to the batter if the first cake does not spread well.) Serve the griddle cakes with the warm syrup.

Lemon Pancakes

Internet

Ingredients:

- $\frac{1}{2}$ cup All-purpose flour
- 3 teaspoons Baking powder
- 3 tablespoons Sugar
- $\frac{1}{4}$ teaspoon Salt
- $\frac{1}{4}$ cup Skim milk
- $\frac{1}{2}$ cup Club soda
- 1 Egg yolk
- 2 tablespoon Minced lemon zest
- 1 teaspoon Vanilla extract
- 1 tablespoon Canola oil
- 2 Egg whites

Instructions:

In a large bowl, combine the dry ingredients. Add the milk, club soda, egg yolk, lemon zest, vanilla, and oil, and beat well. In a separate bowl, beat the egg whites on high speed until stiff peaks form. Carefully fold the egg whites into the batter. Lightly spray or wipe a large regular or nonstick skillet with vegetable oil. Place the skillet over medium-high heat; drop the batter into the pan by tablespoonfuls to form 2-inch pancakes, and cook until they are golden brown on both sides.

Lumberjack Pancakes

Internet

Ingredients:

- 2 cups Old fashioned or quick oats; uncooked
- 1½ cup Flour
- ¼ cup Sugar
- 2½ teaspoons Baking powder
- 1 teaspoon Salt
- 3 Eggs; beaten
- 2 cups Milk
- ½ cup margarine; melted
- Strawberry preserves or grape jelly; heated

Instructions:

Combine dry ingredients. Add eggs, milk and margarine; mix well. For each pancakes, pour ½ cup batter into hot, greased griddle. Cook over medium heat until bubbles form on surface. Turn; brown on other side. Spread with additional margarine; top with preserve.

Oatmeal Bacon Pancakes

Internet

Ingredients:

- 4 oz Flour
- 1 oz Fine oatmeal
- 1 cup Buttermilk or milk
- 1 Egg (beaten)
- 8 Strips bacon

Instructions:

Sift the dry ingredients, then add the egg and enough milk or buttermilk to make a batter like thick cream. Fry the bacon rashers and drain, then make a large pancake, pouring the batter over the entire bottom of the pan. Cook on one side, toss over, spread with a little mustard if liked, then add the bacon and fold over. Make the rest of the batter into pancakes the same way. Makes 4 very large pancakes or 8 small ones.

Oatmeal Buttermilk Pancakes

Internet

Ingredients:

- 2 cups Quick Quaker Oats; uncooked
- $\frac{1}{2}$ teaspoon Soda
- $2\frac{1}{2}$ cups Buttermilk
- 1 cup Sifted all-purpose flour
- 2 teaspoon Baking powder
- 1 teaspoon Salt
- 2 tablespoon Sugar
- $\frac{1}{3}$ cup Melted or liquid shortening
- 2 Eggs; beaten

Instructions:

Add oats and soda to buttermilk. Let stand 5 minutes. Sift together flour, baking powder, salt and sugar. Add sifted dry ingredients, shortening and eggs to oats mixture. Stir until combined. For each pancake, pour about $\frac{1}{4}$ cup batter onto hot, lightly greased griddle. Bake to a golden brown, turning only once. Serve hot with butter and syrup.

Orange Apple Pancakes

Internet

Ingredients:

- 2 cups Bisquick
- 1½ cup Water; or milk
- 2 tablespoons Orange peel; grated
- 1 teaspoon Cinnamon
- 1 Apple; cored and cut into thin wedges
- 1 tablespoon Butter
- ¾ cup Sugar
- 1/3 cup Pecans; coarsely chopped

Instructions:

Combine bisquick, water, orange peel and cinnamon in bowl. Stir until fairly smooth. In skillet, cook apple wedges in butter until tender, about 4 minutes. Stir in nuts and syrup. Heat through and keep warm. For each pancake, use ¼ cup batter. When done, top with warm syrup mixture.

Orange Pancakes with Orange Sauce

Internet

Ingredients:

- 1½ cup Whole wheat flour
- 2 teaspoons Baking powder
- 2 teaspoons Grated orange rind
- 3 tablespoons Honey or less
- 1 Egg white
- ¼ cup Skim milk
- ¾ cup Orange juice
- 1 tablespoon Canola oil
- 1½ cup Part-skim ricotta cheese

Orange Sauce Ingredients:

- 2 tablespoons Sugar
- 1 tablespoon Cornstarch
- ¾ cup Water
- 2 tablespoons Frozen orange juice concentrate
- 1 can (11 oz) mandarin orange sections
- 1 tablespoon Walnuts; finely chopped

Instructions:

These are a real treat for a leisurely weekend breakfast-beautiful and very tasty. Four pancakes are stacked with layers of ricotta cheese between them. A warm sauce with fresh orange sections is poured overall. The pancake stack is served in wedges.

To make the pancakes: Combine flour, baking powder and orange rind. In a separate bowl combine egg white, honey, milk, orange juice and oil. Stir the wet ingredients into the dry ingredients just enough to moisten. Bake four large pancakes on a lightly oiled griddle. To Assemble: Spread 1/3-1/2 cup ricotta cheese between each pancake and pour half the orange sauce over the top. Cut into wedges and pour sauce over individual wedges.

To make the orange sauce: Combine sugar and cornstarch. Stir in water and frozen orange juice concentrate. Cook and stir 'till thickened and bubbly. Cook and stir 2 minutes more. Stir in can(s) mandarin orange sections and finely chopped walnuts.

Orange-Flavored Pancakes with Applesauce

Internet

Ingredients:

- 1 cup Self-rising pancake mix regular or whole-wheat
- $\frac{1}{2}$ teaspoon Baking soda
- 1 Egg or equivalent substitute
- $\frac{3}{4}$ cup Orange juice; unsweetened
- $\frac{1}{2}$ cup Water (approximately)
- 1 teaspoon Vanilla extract
- 2 cups Applesauce; chunky, unsweetened, canned or homemade
- 2 teaspoons orange juice (optional)
- Cinnamon or apple-pie spice

Instructions:

Stir pancake mix and baking soda together. Make a well in the center and add egg, $\frac{3}{4}$ cup juice, $\frac{1}{2}$ cup water, and vanilla. Stir until well blended. Add more water as needed. Spray a nonstick griddle until slick with cooking spray. Heat over moderate flame. When hot, use a measuring cup to drop batter on skillet by scant $\frac{1}{4}$ cupfuls. Cook undisturbed until tops of pancakes are bubbled and nearly dry. Use a spatula to turn; briefly brown the other side. Keep warm. Meanwhile, stir applesauce and orange juice, if desired, together in a small saucepan over low heat until bubbling. To serve, divide pancakes among 4 plates and spoon on hot applesauce. Sprinkle with spice.

Pancakes with Orange Sauce

Internet

Ingredients:

- $\frac{3}{4}$ cup Whole Wheat Flour
- $\frac{1}{2}$ cup All-purpose Flour
- $1\frac{1}{2}$ teaspoons Baking Powder
- $\frac{3}{4}$ cup Skim Milk
- 1 tablespoon Honey
- 1 teaspoon Cooking oil
- 2 Stiffly beaten Egg Whites

Pancake Instructions:

Combine flours, baking powder, and 1/8 teaspoon salt. Combine milk, honey and oil; add to dry ingredients. Stir just till moistened. Fold in egg whites. Spray a cold griddle with Pam. For each pancake, pour about $\frac{1}{4}$ cup batter onto hot griddle. Cook till brown, turning when pancakes have bubbly surfaces. Serve with Orange Sauce.

Orange Sauce Instructions:

Combine 2 tablespoons sugar and 1 tablespoon cornstarch. Stir in $\frac{3}{4}$ cup water and 2 tablespoons frozen orange juice concentrate. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Stir in one 11-oz can mandarin orange sections, drained, and 1 tablespoon finely chopped walnuts. Keep warm.

Peanut Butter Pancakes

Internet

Ingredients:

- 2 cups Pancake mix
- 2 cups Milk
- 2 Eggs
- 6 tablespoons Peanut butter

Instructions:

Combine all ingredients and beat until smooth. Bake on a preheated, lightly greased skillet or grill.

Pear and Almond Pancakes

Internet

Ingredients:

- 5 Bartlett pears
- 1 package Buttermilk pancake mix
- Vanilla
- 1 package Slivered almonds
- 10 oz Light maple syrup
- 10 oz Fig filling
- 5 oz Cane sugar
- Whipped butter
- Powdered sugar

Instructions:

Core, peel and chop pears to $\frac{1}{2}$ " chunks. Coat in syrup of 5 ounces water, 5 ounces sugar and refrigerate overnight. Prepare enough pancake mix for 4 people and add a small amount of vanilla for taste. Pour batter on griddle and immediately add pears and preferred amount of almonds to the cakes. Flip carefully with bubbles appear. Heat maple syrup and fig filling in a saucepan. Top pancakes with heated syrup, whipped butter and powdered sugar.

Potato Pancakes

Internet

Ingredients:

- 4 tablespoons oat flour (or powdered rolled oats)
- 1 cup shredded potatoes
- 4 tablespoons dried chopped onion (or $\frac{1}{4}$ cup fresh onion)
- pinch of salt and fresh ground black pepper to taste

Ingredients:

Mix oat flour in enough water to make pancake batter. Add onions, potatoes, salt and pepper. Spray a $\frac{1}{2}$ second of Pam on a non-stick pan and spread with a paper towel. Spoon in batter to form 3 or 4 large pancakes, cook at medium heat until bottom is golden brown with a few darker spots (you'll have to peek), turn over and cook other side the same. Serve with unsweetened natural applesauce.

Pumpkin Pancakes

Internet

Ingredients:

- 2 cups flour
- 1 cup granulated sugar
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon nutmeg
- $\frac{1}{2}$ teaspoon allspice
- 1 cup skim milk -- at room temperature
- 1 cup pumpkin
- 4 egg whites -- whipped
- $\frac{1}{2}$ cup applesauce -- at room temperature

Instructions:

Prepare skillet with cooking spray and heat on medium until hot. In a mixing bowl, combine flour, sugar, baking powder, baking soda, cinnamon, nutmeg, and allspice. In another mixing bowl, combine milk, pumpkin, egg whites, and applesauce. Mix dry ingredients with wet ingredients just until moistened. Ladle in the batter, using 2 or more tablespoons per cake. Cook for 2 minutes, then flip carefully and cook for 2 minutes more.

Snowflake Pancakes with Blueberries

Internet

Ingredients:

- 1 package Cake yeast or
- $\frac{1}{4}$ oz Package dry yeast
- $\frac{1}{2}$ cup Water
- 1 quart Buttermilk
- 1 tablespoon Baking soda
- 4 tablespoons Sugar
- 1 teaspoon Salt
- 4 cup Flour
- 2 tablespoon Baking powder
- $\frac{1}{4}$ cup Cooking oil
- 6 Eggs -- well beaten
- 1 cup Blueberries

Instructions:

Preparation of these pancakes must begin the night before they are to be served. Soften yeast in warm water. (if using a yeast cake, water should be 80. Dry yeast has better results if the water is heated from 105 to 115.) In a separate container mix together buttermilk, baking soda, sugar and salt. Add to this the softened yeast. Sift flour and baking powder together and add, with the oil, to the buttermilk mixture. Mix well. Fold in the eggs. Place in refrigerator overnight in a container large enough to allow the batter to double in bulk. In the morning add the blueberries to the dough and stir down. Cook in a fry pan over medium heat and serve. This recipe will keep in a refrigerator for a week or more. If black specks appear in the batter, just stir them in. They are just the yeast mold and do no harm.

Sourdough Apple Pancakes

Internet

Ingredients:

- 2 cups Starter
- 1 Egg -- beaten
- $\frac{1}{2}$ cup Applesauce
- 2 tablespoons Butter -- melted
- 1 tablespoon Sugar
- White flour -- kneaded
- $\frac{1}{2}$ teaspoon Baking soda

Instructions:

Add egg, applesauce, melted butter, sugar and salt to the starter and mix briefly. Add flour to attain desired consistency mix until lump free. Just before baking dissolve baking soda in a tablespoon of water and gently blend with the batter pour 2 to 3 inch rounds on a hot (400) griddle. Cook 2 to 4 minutes and turn for an additional 2 minutes.

Sourdough Banana Pancakes

Internet

Ingredients:

- 2 cups Unbleached pancake mix
- 1 Egg lightly beaten
- 6 tablespoons Yogurt
- Buttermilk, as desired
- Skim milk, as desired
- 1 Banana, sliced thin

Instructions:

Mix the above with equal amounts of buttermilk and skim milk, with the total amount determined by desired thinness or thickness of mix. (It should not be too thin.) As it is ladled out, in pan or griddle, apply thinly sliced bananas on uncooked side. Turn when needed to brown other side. Do not use syrup, only margarine or butter, as the somewhat sour taste is desired.

Strawberry Buttermilk Pancakes

Internet

Ingredients:

- 2 Eggs
- 2 $\frac{1}{2}$ cups Buttermilk
- 1 teaspoon Baking soda
- $\frac{1}{4}$ cup Melted butter or margarine
- 2 $\frac{1}{2}$ cups Flour
- 1 tablespoon Sugar
- 2 teaspoon Baking powder
- 1 teaspoon Salt
- 1 cup Sliced strawberries, fresh OR frozen (thawed and drained)
- $\frac{1}{2}$ cup Melted butter or margarine

Instructions:

Beat eggs. Add buttermilk, baking soda and melted butter. Stir in flour, sugar, baking powder and salt. Fold in strawberries. Preheat skillet to about 350 degrees. Lightly, brush surface with butter. Pour 2 tablespoons batter for each pancake into skillet. Cook until bubbles form on the surface and edges are dry. Turn and cook 1 to 2 minutes or until done.

Wheat Free Healthy Pancakes

Internet

Ingredients:

- $\frac{1}{2}$ cup Millet
- $\frac{1}{2}$ cup Rice flour
- 1 teaspoon Baking soda
- 1 teaspoon Cream of tartar
- 1 teaspoon Arrowroot
- $\frac{1}{2}$ teaspoon Apple pie spice or ground cinnamon
- $\frac{1}{2}$ cup Applesauce
- $\frac{1}{3}$ cup Apple juice concentrate
- 2 Egg whites; unbeaten
- 4 to 6 tablespoons of water
- $\frac{1}{2}$ cup Fresh apple, peeled and sliced

Instructions:

Stir together millet, rice flour, baking soda, cream of tartar, arrowroot and apple pie spice in medium bowl. Mix together apple sauce, apple juice concentrate, egg whites and water in a separate bowl. Stir in dry ingredients into wet ingredients until blended. Spray non stick skillet or griddle with vegetable oil. Use less than $\frac{1}{4}$ cup per pancake pour batter onto hot griddle until golden brown when pancakes have bubbly surface and dry edges turn and cook till done make 4, 4" pancakes.

Various Pancakes Toppings

Internet

Syrups:

There is life beyond maple. Start with 2 cups of purchase maple syrup. Add the grated rind of half an orange and 1/3 cup orange juice; or 1/3 cup orange juice and 1 teaspoon ground ginger; or 2 tablespoons lemon juice and the grated rind of half a lemon.

Flavored Butters:

Take 1 cup softened butter or margarine and add the flavor of your choice. Consider dates and walnuts, dried apricots and pecans, honey and ground macadamia nuts or the suggestion that follow.

Honey-Pecan Butter:

Toast pecans in a 350-degree oven for 8 minutes and cool, then chop. Beat $\frac{1}{2}$ cup butter until fluffy, then add $\frac{1}{4}$ cup honey. Mix in 1/3 cup pecans.

Autumn Butter:

Beat $\frac{1}{4}$ cup firmly packed brown sugar or honey, 1 teaspoon pumpkin-pie spice and $\frac{1}{4}$ cup whipping cream into 1 cup softened butter.

Yogurt Dressing:

Whisk 3 parts yogurt with 1 part honey, molasses or maple syrup.

Blueberry Sauce:

Put 2 tablespoons of water in a small, non-reactive saucepan. Throw in a generous helping of fresh or frozen blueberries. Cook, partially covered, until they release their juice. Too tart? Add a dash of sugar and lemon juice. Serve chunky, or puree in a blender. Strawberry, blackberries and raspberries work well, too.

Apple-Banana Compote:

Slice 1 small tart apple and 1 banana. Melt 2 tablespoons of butter in a skillet. Sauté the fruit until mushy. Serve with maple syrup on top of pancakes.

Applesauce Delight:

Puree in a blender 1 $\frac{1}{2}$ cups unsweetened applesauce, 3 tablespoons unsulfured molasses and 1 tablespoon sugar. Transfer the sauce to a small saucepan. Heat and serve.

Other Toppings:

Top pancakes with toasted pecan halves, sliced bananas or berries, a cup of whipped cream flavored with 1 tablespoon of maple syrup, or $\frac{1}{2}$ cup of sour cream with 1 tablespoon of jam or preserve.