

Healthy Whole-Grain Pancakes: A Nutritious & Fluffy Breakfast

Fluffy Whole-Grain Pancakes: A Wholesome Morning Delight



TIME
10 min

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INGREDIENTS

- 1 cup whole wheat flour
- 2 tablespoons sugar (or honey)
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 cup buttermilk
- 1 large egg
- 2 tablespoons melted coconut oil (or butter)
- Optional: 1/2 cup blueberries or chocolate chips

DIRECTIONS

1. In a large bowl, whisk together the whole wheat flour, sugar, baking powder, and salt.
2. In another bowl, combine the buttermilk, egg, and melted coconut oil. Mix well.
3. Pour the wet ingredients into the dry ingredients and stir until just combined. Be careful not to overmix; a few lumps are okay.
4. If desired, fold in blueberries or chocolate chips for an extra treat.
5. Heat a non-stick skillet over medium heat and lightly grease it. Pour 1/4 cup of batter for each pancake onto the skillet.
6. Cook until bubbles form on the surface, then flip and cook until golden brown on the other side.
7. Serve warm with your favorite toppings!

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Original recipe: <https://chefmaniac.com/healthy-whole-grain-pancakes-a-nutritious-fluffy-breakfast/>