

(Cut along the line) ✂

Roasted Cornmeal Pancakes

INGREDIENTS:

3 cups Iroquois Roasted White Corn Flour 4 eggs (or 2 cups egg substitute)
2 cups all-purpose flour ½ teaspoon salt
8 teaspoons baking powder 8 tablespoons canola oil
5 cups low-fat buttermilk

DIRECTIONS:

1. In a large bowl stir together flour, corn flour, baking powder, and salt.
2. In a separate large bowl whisk together the buttermilk, eggs, and oil.
3. Make a well in the center of the flour mixture. Pour buttermilk mixture into the well. Stir until well mixed.
4. Lightly coat a non-stick griddle with nonstick cooking spray. Preheat over medium heat. For each pancake, pour a ½ cup onto the griddle. Cook about 4 minutes or until

Roasted Cornmeal Pancakes (continued)

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DIRECTIONS: (continued)

bubbles begin to appear on the top of the pancakes. Using a spatula turn pancakes over and cook 1 to 2 minutes more.

For sweet pancakes: Add blueberries, bananas, diced peaches, etc.

For savory (great for lunch or dinner): Sauté 1 cup chopped scallions, 1 cup chopped sweet peppers, and 4 tablespoons chopped parsley in canola oil. Add mixture to batter.

Makes 24 pancakes (4-5" diameter)

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