

Blueberry and Poppy Seed Pancakes

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 30 minutes

Step 1: Preparing the batter

- 2 tbsp (30 mL) butter
- 2 cups (500 mL) all-purpose flour
- 1/4 cup (50 mL) granulated sugar
- 2 tbsp (30 mL) poppy seeds
- 1 tbsp (15 mL) baking powder
- 1/2 tsp (2 mL) salt
- 2 eggs
- 1 1/2 cups (375 mL) milk
- 1 cup (250 mL) regular or light sour cream
- 1 tsp (5 mL) vanilla

Melt 2 tbsp butter and transfer to a small bowl. In a large bowl, using a fork, stir flour with sugar, poppy seeds, baking powder and salt. Make a well in center. In a medium bowl, whisk eggs with milk, sour cream, melted butter and vanilla. Pour into flour mixture and stir just until evenly mixed.

Step 2: Making the Pancakes

- Fresh or Frozen Blueberries
- butter for cooking pancakes

Melt about 1 tsp of butter in a large frying pan over medium heat. Pour batter into hot frying pan. Depending on size of pan, add 1 to 3 more pancakes. Immediately top each pancake with the blueberries and gently push into batter. Cook until pancake surfaces are covered with bubbles and edges are lightly browned, 2 to 3 minutes. Turn and continue to cook until pancakes are golden, 2 to 3 minutes. Place on a plate and keep warm in a low-temperature oven while cooking remaining pancakes. Drizzled with maple syrup and serve immediately. Enjoy!