

FRIDAY PANCAKES

(adapted from Feeding the Whole Family by Cynthia Lair)

Notes:

This recipe requires most of the preparation done the day before so very little is required on the morning of the meal.

I always make a double batch so I can freeze the extra cooked pancakes when they cool. Add seasonal fruit to pancakes when on the griddle or to plate when serving.

2/3 cup oats (steel cut, rolled oats or other flake grain: barley, kamut, 7-grain cereal)

1/3 cups kasha (buckwheat) or millet

1 and 1/4 cups milk (soy, oat, cow, goat: all good)

1 egg

1/4 teaspoon salt

2 Tablespoons sugar, honey, agave or molasses (I always omit this because I serve with maple syrup)

1 teaspoon baking powder

1/2 teaspoon ground nutmeg (cinnamon, ginger or other spices work too)

Day before:

In blender pitcher or food processor container add first three ingredients and soak overnight. Test and check that your pitcher does not leak. I often put my pitcher in a small bowl just in case the milk tries to escape. Unless it is a crazy heat wave (ha!) I leave this pitcher on the kitchen counter overnight.

Into a small dish or ramekin measure salt, baking powder and nutmeg and set on counter for next morning.

Day of meal:

Heat skillet, griddle or pan with butter or oil. Crack egg into the blender pitcher and add baking powder mixture. Blend all ingredients until smooth. Prepare pancakes as you would traditionally.