



Lemon Blueberry Pancakes

Ingredients

- 1-1/4 cups (300 mL) all-purpose flour
- 3 tbsp (45 mL) granulated sugar
- 2 tsp (10 mL) baking powder
- 1/2 tsp (2 mL) baking soda
- 1/4 tsp (1 mL) salt
- 1 egg
- 1 cup (250 mL) sour 2 % milk (see tip below), or buttermilk
- 2 tbsp (30 mL) oil
- 1/2 tsp (2 mL) vanilla
- 1 tbsp (15 mL) finely grated lemon rind
- 1 cup (250 mL) frozen MOOV!™ Wild Blueberries, thawed (see tip below)

Preparation time :
3 minutes

Baking time :
2 minutes

Portions: 10 pancakes

Product: Moov IQF Wild Blueberries

Product code: 01102

Type: Soft Serve

Format: 12 x 600 g

Preservation :

Keep frozen at 0°F or -18°C or below. Take out desired amount and return any product not used immediately to freezer. Do not refreeze if thawed.

Preparation: Thaw product at room temperature. Use any way you prefer. Fresh fruit is incorporated into recipe.

Steps

- In a medium bowl, mix together flour, sugar, baking powder, baking soda and salt.
- In a large bowl, beat egg. Stir in milk, oil, vanilla and lemon rind. Stir in flour mixture just until combined.
- Brush a large non-stick skillet with a little oil. Heat over medium-high heat. Stir thawed, drained blueberries (see tip below) into the batter until well combined.
- Pour about 1/4 cup (50 mL) of the batter into the pan. Spread it back with the back of a spoon if needed. (For thinner pancakes, add a little more milk.) Cook until bubbles appear on the surface, about 2 minutes. Flip and cook about 1 minute longer.

TIPS: Measure blueberries while frozen, then place in a bowl lined with paper towel to absorb the moisture as they thaw. Blot well with paper towel before adding to batter.

TIPS: Mix batter before adding blueberries. Then gently fold in or batter will turn blue!

TIPS: To sour milk, place 1 tbsp (15 mL) lemon juice or vinegar in a 1 cup (250 mL) liquid measuring cup. Fill to 1 cup (250 mL) and stir to combine well. Milk will look curdled.

TIPS: For even more blueberry taste, add about 1/3 cup (75 mL) blueberries to 1 cup (250 mL) maple syrup and heat through. Serve over pancakes.

TIPS: Freeze leftover pancakes, wrapped well in plastic wrap. Re-heat in microwave.

VARIATIONS: Replace lemon rind with orange rind.

VARIATIONS: Add 1/2 tsp (2 mL) ground cinnamon, delete lemon rind.

VARIATIONS: Replace half of milk with vanilla flavoured yogurt, omit lemon juice.