

Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/light-fluffy-power-pancakes>

Light & Fluffy Power Pancakes

Prep time: 25 minutes

Servings: 4

Weekend brunch just isn't complete without classic, homemade pancakes. We recreated this breakfast favorite by replacing buttermilk with our lactose-free whole milk kefir for fluffier nutrition-packed power pancakes and adding a pat of our creamy cultured lactose free butter. Top with warm maple syrup and enjoy!

Green Valley Creamery

Ingredients

2 cups all-purpose flour

3 Tbsp. sugar

1 ½ tsp. baking powder

1 ½ tsp. baking soda

1 ¼ tsp. salt

2 ½ cups Green Valley Creamery Lactose-Free Plain Kefir (Lowfat or Whole, either will work)

2 large eggs

1 cup blueberries or other fruit, frozen (optional)

2 Tbsp. Green Valley Creamery Lactose-Free Butter, melted

Vegetable or coconut oil for the pan

Instructions

1. Whisk flour, sugar, baking powder, baking soda, and salt together in a bowl. Add the kefir, butter, and eggs and whisk everything together until well combined. Lumps are fine – do not overbeat.
2. Optional frozen fruit addition - we like blueberries, but take your pick. Keep the fruit frozen until the pan is hot and add to the batter just before you're ready to pour it in the pan. This helps maintain the bright fruit color and form in the pancake.
3. Heat a large non-stick skillet on medium-low. Wait until the pan is warm and

- add a tablespoon of oil to the skillet. Ladle a ¼ cup of batter into the skillet.
4. Flip pancakes once bubbles rise to the surface and the bottoms are golden brown, after about 2-4 minutes. Adjust heat if necessary. Cook until both sides are lightly browned.

Adapted from NY Times Cooking [Perfect Buttermilk Pancakes](#) Recipe.