Buckwheat Blueberry Yogurt Pancakes Recipe
Serves 4

INGREDIENTS
1 cup buckwheat flour
1/2 cup all-purpose flour
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
2 tablespoons unsalted butter
2 tablespoon honey
1 teaspoon vanilla extract
2 large eggs
1 1/2 cups plain yogurt (not Greek)
1/2 cup milk
1 1/2 cups fresh cultivated blueberries or 2 cups fresh wild blueberries
Vegetable oil (for the skillet)

METHOD
1. In a medium bowl, whisk together the buckwheat flour, all-purpose flour, baking
powder, baking soda and salt until blended.

2. In a separate, large, microwave-safe bowl, microwave the butter and honey for 30
seconds, or until the butter is melted. Remove the bowl from the microwave. Add the
vanilla and eggs to the bowl and whisk to combine. Stir in the yogurt and milk. Stir in the
dry ingredients. Fold in the blueberries.

3. Set a pancake griddle or large, seasoned skillet over medium heat. Spread about 1
tea spoon oil in the pan, and wipe out the excess with a paper towel. When the pan is
hot, ladle the batter by 1/3 cupfuls into the skillet. Cook for 2 to 3 minutes, or until the
pancakes bubble on top and the bottoms are browned. Turn them over and cook for 2
minutes more, or until browned. Repeat with the remaining batter, adding more oil to the
pan as necessary. If batter thickens as it sits, stir in a little more milk to return it to the
desired consistency.

4. Serve with maple syrup or blueberry sauce.

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