

Whole Wheat Berry Pancakes

A perfectly delicious pancake made with fresh wheat berries (whole grain wheat)! Yield:

enough pancakes for 2 very hungry people Ingredients:

1 cup milk

3/4 cup whole wheat berries (uncooked)*

2 teaspoons baking powder

2 tablespoons brown sugar

2 eggs

dash of salt

Fresh fruit or syrup, for serving Instructions:

1. Using a glass blender (will scratch plastic), blend milk and wheat berries for 4 minutes on high. (Stop blender intermittently if you're concerned about over-working your blender.)
2. Add baking powder, brown sugar, eggs, and salt to the blender. Replace lid and blend for 1 minute on low.
3. Spoon batter onto a hot greased griddle. Flip pancakes once during cooking (pancakes are ready to flip when bubbles on top stay open). Cook pancakes for several minutes, until done. Serve with fresh fruit or syrup!



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This recipe is from Tammy's Recipes.