

FLUFFY WHOLE GRAIN PANCAKES & BLUEBERRY COMPOTE



SERVES 2

INGREDIENTS

Pancakes

- 1 cup whole wheat or other whole grain flour
- A little less than 1 cup unsweetened non-dairy milk (7/8 cup, or 1 cup – 2 tablespoons)
- ½ teaspoon vanilla extract
- 2 ½ teaspoons baking powder
- ½ tablespoon apple cider vinegar (1 ½ teaspoons)
- Drizzle of maple syrup or honey per serving
- Pinch of salt

For serving, optional

- Blueberry compote
- Sliced bananas, sliced strawberries or raspberries
- ½ teaspoon cinnamon

FLUFFY WHOLE GRAIN PANCAKES

The fluffiest pancakes you will ever make!

These pancakes are naturally sweetened, made right in the blender, freezer friendly, and delicious served with blueberry-lemon compote or your favorite fresh fruit.

INSTRUCTIONS

1. Combine all dry ingredients in a bowl with a whisk, then add wet ingredients and stir until smooth; don't over-mix
2. Allow the batter to rest for 5 minutes or so
3. Heat a non-stick skillet over medium heat
4. Once hot, scoop about ¼ cup of batter per pancake onto the pan. Cook until pancake is not shiny and bubbles start forming on sides until the edges start to brown. Flip and cook for another 1 to 2 minutes.
5. Repeat until all the batter is gone
6. Serve topped with blueberry-lemon compote or fresh fruit

NOTES

- Add slices or small chunks of banana to batter at the end, after mixing
- For a gluten-free batter, replace flour with your mix of whole flours; we suggest ½ cup gluten-free oat flour + ¼ cup chickpea flour + ¼ cup tapioca flour (use a bit more milk as well)
- Double the batch and freeze leftovers for a festive pancake breakfast any day of the week



SERVES 4

INGREDIENTS

Pancakes

- 2 cups whole wheat, spelt, or other whole grain flour
- (optional) 1 $\frac{3}{4}$ cups unsweetened non-dairy milk
- 1 teaspoon vanilla extract
- 1 tablespoon maple syrup or honey
- 1 tablespoon white vinegar or another mild vinegar like rice
- 4 teaspoons baking powder (1 tablespoon + 1 teaspoon)
- Pinch of salt



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BLUEBERRY COMPOTE



SERVES 2

INGREDIENTS

- 1 $\frac{1}{2}$ cups frozen blueberries
- 1 tablespoon lemon juice
- $\frac{1}{4}$ teaspoon vanilla extract

SERVES 4

INGREDIENTS

- 3 cups frozen blueberries
- 2 tablespoons lemon juice
- $\frac{1}{2}$ teaspoon vanilla extract

BLUEBERRY COMPOTE

This healthy blueberry compote is naturally sweet and bursting with fresh blueberry flavor! All you need is 3 ingredients and 15 minutes to make this antioxidant-packed treat.

INSTRUCTIONS

1. Place the blueberries, lemon juice, and vanilla extract in a small saucepan and over medium-high heat.
2. Bring to a boil, then reduce heat to medium-low and use a wooden spoon to mash the fruit.
3. Continue cooking for 10 to 15 minutes, stirring intermittently.
4. Remove from heat and set aside to cool. The compote will thicken as it cools.
5. Reheat to serve with pancakes, oatmeal, waffles, and more.

NOTES

- Citrus option: Orange juice or lime juice will also work. Feel free to experiment with other frozen berries! Raspberries, strawberries, and cherries work great as well.