

MyLifeRunsOnFood.com

A sweet, savory, buttery, green and healthy food blog by Sanura Weathers

BLUEBERRY CORNMEAL PANCAKES

A summer memory of a long ago babysiter, and a recipe for sweet cornmeal pancakes with tart blueberries and walnuts topped with strawberry puree. Recipe originally at <http://blog.sanuraweathers.com/2011/07/blueberry-cornmeal-pancakes/>. **Questions or comments about this recipe? Email Sanura@MyLifeRunsOnFood.com**

Ingredients

1 large egg
1/2 tsp. vanilla
1/2-cup flour
1/2-cup yellow, ground cornmeal
1 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. sea salt
1 tbsp. sugar
1-1/2 cup buttermilk; more as needed
3 tbsp. olive oil; plus more for the griddle or skillet*
1-cup or 8 oz. fresh or frozen blueberries
(Optional) 1-cup chopped, toasted walnuts
Garnish: Strawberry Puree and
warm Grade A/Dark Amber maple syrup

*Note: Alternatively use organic butter for the griddle or skillet.

Directions

1. Preheat oven to 150-200°F. Warm 1 tbsp. of olive oil in skillet or griddle over medium-high heat.
2. In a large bowl, lightly beat egg and vanilla.
3. In a separate bowl, lightly toss the flour, cornmeal, baking powder, baking soda, salt, and sugar. Add to the egg and lightly mix.
4. Add the buttermilk, 2 tbsp. olive oil, and walnuts. If thinner pancakes are desired, add more. If thicker pancakes are preferred, add less. Mix the batter until just incorporated, for a few lumps are okay.
5. Ladle about 1/4 to 1/2 cup of batter on to a hot skillet. Depending on the size of the skillet or griddle, ladle a few more. Drop a few blueberries on top of each pancake.
6. When the edges look dry and the top have bubbles, flip pancakes over to cook the other side.
7. When pancakes are done, place them on a paper toweled-lined plate. Place plate into the preheat oven to keep warm. Continue cooking more pancakes. If the skillet/griddle becomes too dry, add more olive oil.
8. When the batter is done, turn off the stove and oven.
9. Serve pancakes with strawberry puree and warm maple syrup.

STRAWBERRY PUREE

Ingredients

8 to 10 oz. fresh strawberries
2 tsp. sugar; more or less depending on the sweetness of the strawberries

Directions

1. Puree both ingredients in a food processor or blender.
2. Serve over pancakes, ice cream, or your favorite dessert

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