

Whole Wheat Greek Yogurt Pancakes with Walnuts & Blueberries

(Makes about 6 10–12 cm (¼ cup) pancakes)

- 75g whole wheat flour
- 50g all-purpose flour
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- 1 T honey or maple syrup
- 1 large egg
- 120g Greek yogurt (or cottage cheese, blended smooth)
- 120ml milk (or more if needed)
- 1 tsp vanilla (optional)
- 1 T melted butter or canola oil
- 50g blueberries (fresh or frozen)
- 30g chopped walnuts



1. In a medium bowl, whisk together the **whole wheat flour**, **all-purpose flour**, **baking powder**, **baking soda**, **salt** and **chopped walnuts**.
2. In another bowl, whisk the **egg**, **Greek yogurt** (or **cottage cheese**), **milk**, **honey/maple syrup**, **vanilla**, and **melted butter** or **canola oil**.
3. Gradually add the wet ingredients to the dry ingredients, stirring gently until just combined. If the batter seems too thick, add a little more milk
(These will be better and less doughy if the batter is a bit runny or pours easily. Add milk a little at a time to get the right consistency)
4. Heat a non-stick skillet or griddle over medium heat and lightly grease it with butter or oil.
5. Pour about ¼ C of batter per pancake onto the skillet. Drop **blueberries** onto dough as it cooks. Cook until bubbles form on the surface and the edges look set (**about 2 minutes**). Flip and cook for another **1–2 minutes** until golden brown.
6. Serve warm with extra blueberries, walnuts, a drizzle of maple syrup, or a dollop of yogurt.

To double or triple the recipe:

- Adjust the milk as needed; whole wheat flour absorbs more liquid over time, so you may need to add more.
- Cook in batches, keeping finished pancakes warm in a **low oven (90–100°C)** until serving.

Don't freeze the batter; but you can freeze cooked pancakes:

- Cool completely.
- Place parchment paper between each pancake.
- Store in an airtight container or zip-top bag and freeze for up to **2 months**.
- Reheat in a toaster, oven, or skillet.

Make the recipe the night before and keep in the refrigerator

- Since baking soda starts reacting immediately, add **only half** when making the batter and stir in the other half just before cooking for better fluffiness.
- Store the batter in an airtight container in the fridge for up to **12–24 hours**.
- The batter will thicken overnight, so stir in a little extra milk (1–2 tbsp) before cooking to loosen it up.

