

Light-As-Air

Milk Kefir Pancakes



Ingredients

• Milk Kefir	1 cup
• All Purpose Flour	1 cup
• Egg	1
• Sugar	¼ cup
• Baking Powder	1 teaspoon
• Cinnamon	1 teaspoon
• Baking Soda	½ teaspoon
• Vanilla Extract	½ teaspoon
• Salt	¼ teaspoon



Instructions:

1. Add flour, sugar, baking powder, cinnamon, baking soda and salt to a large bowl.
2. Stir or sift to combine evenly.
3. Pour in milk kefir and stir into a semi lumpy but evenly mixed batter.
4. Cover the bowl with a towel and set aside in a warm location for a minimum of 30 minutes up to overnight.
5. Gently stir in the egg and vanilla mixing only until combined.
6. Heat a well oiled pan (we use ghee*) until drops of water sizzle on the surface.
7. With a ¼ cup measure as a scoop, pour batter into pan. 2-3 pancakes may fit in the pan depending on size.
8. When bubbles dot the surface of the cake, use a spatula to flip it over. The more you make, the more quickly the bottom may brown due to the butter.
9. Add more ghee to the pan between batches as needed to prevent pancakes from sticking.
10. Place pancakes in a warm oven (200F) and slather with butter until all are ready.
11. Serve with your favorite toppings!

