

Whole Wheat Zucchini Pancakes

Yield: About 12 pancakes

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes



Ingredients:

2-1/4-cups white whole wheat flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon coarse salt
3/4 teaspoon cinnamon
1/4 teaspoon ground nutmeg

2 tablespoons brown sugar
1 tablespoon granulated sugar
2 cups buttermilk
2 large eggs
1 teaspoon vanilla extract
1 cup grated zucchini
4 tablespoons unsalted butter, melted & cooled

Directions:

- 1. In large bowl, whisk together flour, baking powder, baking soda, salt, cinnamon, nutmeg & sugars.**
- 2. In a separate bowl, whisk together buttermilk, melted butter, eggs, and vanilla extract. Pour liquid ingredients over dry ingredients, stirring until just combined. Fold in the zucchini.**
- 3. Heat a griddle or pan to medium heat. Spray with cooking spray. Pour about a 1/2 cup of batter onto heated skillet. Cook until surface of pancakes have some bubbles and a few have burst, about 3 minutes. Flip carefully with a spatula, and cook until browned on the underside. Continue making pancakes until the batter is gone. Serve pancakes with butter and maple syrup, if desired.**

Note:-We use white whole wheat flour, but all-purpose flour or whole wheat flour may be used. The pancakes freeze well. Wrap in plastic wrap & place in freezer bag. Will keep in the freezer for up to 2 months.

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