

## Shrove Tuesday Pancake Recipes

### Fluffy Pecan Pancakes

Fluffy pecan pancakes are made light and airy with the addition of beaten egg whites. Drizzle the pancakes with your favorite syrup and garnish with sugared pecan halves.

#### Ingredients

2 cups flour  
2 tablespoons [brown sugar](#)  
1/2 teaspoon salt  
1 teaspoon [baking powder](#)  
1/2 teaspoon baking soda  
3/4 cup finely chopped pecans (toasted if desired)  
1 cup [buttermilk](#)  
3/4 cup milk  
2 large eggs (separated)  
1/4 cup [melted butter](#)  
2 tablespoons [vegetable oil](#)  
Optional: 1/2 cup pecan halves (or fruit for garnish)

#### Steps to Make It

In a mixing bowl, combine the flour, sugar, salt, baking powder, soda, and chopped pecans.

In another bowl, whisk together buttermilk and milk, egg yolks, and melted butter. Blend into the dry ingredients just until all ingredients are moistened.

Beat egg whites in another bowl until stiff peaks form. Fold into the batter until well incorporated.

Heat a small amount of oil in a large skillet over medium heat. When skillet is hot enough for a drop of water to sizzle, scoop pancake batter onto the skillet in about 1/4-cup portions, spreading slightly. When edges are rather dry and bubbles are popping and bottoms are nicely browned, about 2 to 3 minutes, turn over and cook the other side until browned, about 2 minutes longer.

Serve hot with butter and syrup and garnish with pecan halves or fruit, if desired.

### The Yummiest Banana Pancakes

#### INGREDIENTS:

MILK – whole milk, 2% or any of the nut milk varieties work well in this!

BUTTER – I use salted butter, that I melt and let cool a little right before mixing

EGG – large eggs

VANILLA EXTRACT – almond extract is also yummy in this!

FLOUR – regular all-purpose flour

BROWN SUGAR – you can sub white sugar if that's what you have. The brown sugar pairs well with the bananas, though – so use it if you have it!

BAKING POWDER

SALT – kosher salt

BANANAS – I use 2 small bananas – about 1 cup mashed.

OPTIONAL – 1/2 tsp cinnamon added with the dry ingredients, extra sliced bananas and 1/4 cup mini chocolate chips for sprinkling.

Mix the wet ingredients (egg, milk, melted butter, vanilla) in a small bowl.

Mix the dry ingredients (flour, sugar, baking powder, salt) in another bowl.

Mash the bananas until broken up (but still chunky ish – we’re not looking for pureed bananas).  
Add the wet ingredients to the dry ingredients.  
Add the mashed banana mixture to the other ingredients.  
Fold together until just combined.

### **COOK THE PANCAKES**

Heat a large skillet over medium heat. Melt a little butter (you don’t have to, but I like the crispy edges).  
Add the batter in 1/2 cup portions to the skillet.  
Cook until bubbles appear on the pancakes and pop (the surface will look less “wet”).  
Flip and cook on the other for a minute or two longer until golden brown.

### **ADDITIONS/SUBSTITUTIONS**

- Add a little cinnamon, nutmeg or pumpkin pie spice to the dry mixture for some warm, yummy flavors.
- Switch out half of the flour for whole wheat flour, your pancakes will be a little denser, but a little healthier!
- What milk to use? You can use any kind of milk we’re just looking for moisture, so you get to pick what you add!
- As weird as it sounds to me peanut butter spread over these pancakes is a little piece of heaven!
- Fluffy Blueberry Pancakes

## **Fluffy Blueberry Pancakes**

### **DESCRIPTION**

Super thick and fluffy blueberry pancakes! Melt in your mouth, golden brown, and bursting with blueberries.

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### **INGREDIENTS**

- 3/4 cup **milk**
- 2 tablespoons **white vinegar**
- 1 cup **flour**
- 2 tablespoons **sugar**
- 1 teaspoon **baking powder**
- 1/2 teaspoon **baking soda**
- 1/2 teaspoon **salt**
- 1 **egg**
- 2 tablespoons **melted butter**
- 1+ cup **fresh blueberries**
- more **butter** for the pan

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### **INSTRUCTIONS**

1. Mix the milk and vinegar and let it sit for a minute or two (you’re making “buttermilk” here).
2. Whisk the dry ingredients together. Whisk the egg, milk, and melted butter into the dry ingredients until just combined.
3. Heat a nonstick pan over medium heat. Melt a little smear of butter in the pan (essential for giving a yummy golden brown crust).
4. Pour about 1/3 cup of batter into the hot skillet and spread it flat-like (it will be pretty thick). Arrange a few blueberries on top. Cook until you see little bubbles on top and the edges starting to firm up. Flip and cook for another 1-2 minutes until the pancakes are sky-high fluffy and cooked through.

5. Serve with butter and maple syrup. But honestly, sometimes I just like to eat these plain. YUM, YUM, YUM.

#### NOTES

**The equipment section above contains affiliate links to products we use and love!**

**Texture:** For thick pancakes, use 3/4 cup milk as directed. For lighter, slightly less fluffy pancakes, use 1 cup milk.

**Dairy Free:** Use almond milk or another non-dairy milk, and melted coconut oil in place of the butter.

## Fluffy Original Pancake

### Ingredients

- 2 cups all purpose | plain flour, (290 g | 10 oz)
- 1/4 cup granulated sugar or sweetener, (60g | 2 oz)
- 4 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1 3/4 cups milk, (440ml)
- 1/4 cup butter, (60g | 2 oz)
- 2 teaspoons pure vanilla extract
- 1 large egg

### Instructions

1. Combine together the flour, sugar (or sweetener), baking powder, baking soda and salt in a large-sized bowl. Make a well in the centre and add the milk, slightly cooled melted butter, vanilla and egg.
2. Use a wire whisk to whisk the wet ingredients together first before slowly folding them into the dry ingredients. Mix together until smooth (there may be a couple of lumps but that's okay).  
(The batter will be thick and creamy in consistency. If you find the batter too thick -- doesn't pour off the ladle or out of the measuring cup smoothly -- fold a couple tablespoons of extra milk into the batter at a time until reaching desired consistency).
3. Set the batter aside and allow to rest while heating up your pan or griddle.
4. Heat a nonstick pan or griddle over low-medium heat and wipe over with a little butter to lightly grease pan. Pour ¼ cup of batter onto the pan and spread out gently into a round shape with the back of your ladle or measuring cup.
5. When the underside is golden and bubbles begin to appear on the surface, flip with a spatula and cook until golden. Repeat with remaining batter.
6. Serve with honey, maple syrup, fruit, ice cream or frozen yoghurt, or enjoy plain!

## Apple Pie Pancake Topping

### Ingredients

- 4-5 apples, peeled and sliced
- 2 Tbsp butter
- 2 Tbsp pure cane sugar
- 1 tsp cinnamon
- 1 cup heavy whipping cream
- 1/2 tsp vanilla
- 2 Tbsp powdered sugar

### Preparation

1. Warm a pan over medium low heat.

2. Add in the butter, apples, cinnamon and cane sugar.
3. Cook for about 10 minutes until the apples are just slightly softened.
4. While the apples are cooking you can make the whipped cream. Add the cream, vanilla and powdered sugar. Using a hand mixer go ahead and mix until it forms soft peaks.
5. Top it all onto your pancakes!

## Blueberry & Raspberry Topping

### Ingredients

1 1/2 cups **frozen raspberries**

1 cup **frozen blueberries**

1/2 cup **white sugar**

1/4 cup **water**

### Instructions

Combine the raspberries, blueberries, sugar, and water in a small saucepan; bring to a boil and cook at a boil for 5 minutes, scraping the bottom as needed to keep from burning. Reduce heat to low; simmer the mixture until thick, about 10 minutes. Serve warm.