

## BUTTERMILK LEMON POPPY SEED PANCAKES WITH BLUEBERRIES AND BLUEBERRY SYRUP

### INGREDIENTS

1 cup all purpose flour  
2 tablespoons sugar  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
2 tablespoons poppy seeds  
finely grated zest of 1 lemon  
2 large eggs, separated  
1 cup buttermilk  
1/2 teaspoon lemon extract  
1 tablespoon vegetable oil, plus more for the pan

serve with

fresh blueberries  
blueberry or maple syrup

### DIRECTIONS

In a bowl, combine flour, sugar, baking powder, baking soda, salt, poppy seeds and lemon zest.

In another bowl, beat the egg yolks with the buttermilk. Then beat in the lemon extract and the vegetable oil. Add this mixture to the dry ingredients and stir to combine.

In a third bowl, beat the egg whites with a pinch of salt until soft peaks form. Fold the egg whites gently into the batter.

In a frying pan (or on a griddle), heat a tablespoon of vegetable oil over medium heat. Pout 1/4 cup of batter into the pan and repeat for as many pancakes as the pan can hold. Cook until bubbles form on the surface, then flip the pancakes and continue to cook for 1 to 2 minutes, until golden. Repeat until all the batter is used up.

Serve the pancakes immediately with syrup and fresh berries.