



LEMON CHIA(OR POPPY) SEED PANCAKES

INGREDIENTS:

1 1/2 cups milk

2 tablespoons white vinegar *(can use lemon juice here as well. If you have buttermilk you can replace the milk and vinegar with 1 1/2 cups buttermilk)*

2 cups all-purpose flour

1/4 cup brown sugar

3 Tablespoons chia or poppy seeds

2 teaspoons baking powder

1 teaspoon baking soda

1 teaspoon kosher salt

zest of 1 lemon

2 eggs

4 tablespoons butter *melted*

Little extra butter for skillet or griddle

INSTRUCTIONS

1. Combine milk with vinegar in a medium bowl and set aside for 5 minutes to “sour”. It will look curdled.

2. Combine flour, sugar, chia seeds, baking powder, baking soda, and salt in a large mixing bowl. Whisk eggs, zest and butter into “soured” milk. Pour the flour mixture into the wet ingredients and fold together until lumps are gone. Do not overmix or your pancakes, although still delicious will be tough in texture.

3. Heat a large skillet over medium heat, and coat with cooking spray or I prefer to use butter. Pour 1/4 cupfuls of batter onto the skillet, and cook until bubbles appear on the surface. Flip with a spatula, and cook until browned on the other side. Serve with syrup, fruit, Greek yogurt or whipped cream.

RECIPE NOTES

* This recipe is inspired by the classic lemon poppy seed combination. If you don't have chia seeds, definitely use poppy seeds! Here in quarantine, I was in exactly the opposite situation. Have fun and experiment with flavors that you enjoy, maybe even swapping out orange zest for the lemon.

Make sure you use medium heat. If your pan is too hot the outside will still brown but the inside will be runny. A lower heat is better to cook the inside.

