

Blue Cornmeal Pancakes

December 2024 Recipe

Makes: 12 servings



Ingredients

- ¾ cup blue cornmeal
- ¼ tsp. salt
- 1 cup boiling water
- ½ cup milk
- 2 Tbsp. margarine (melted)
- 1 egg
- ¾ cup flour
- 2 tsp. baking powder
- Cooking spray
- Light syrup or honey (optional)

Nutritional information for 1 serving

Calories	85
Total fat	3 g
Saturated fat	1 g
Cholesterol	N/A
Sodium	159 mg
Carbohydrate	12 g
Dietary fiber	1 g
Total sugars	1 g
Added sugars included	0 g
Protein	2 g

Directions

1. In a large bowl, mix the cornmeal and salt. Stir in the boiling water until the ingredients are wet. Cover and let stand for 3 minutes.
2. In a separate bowl, mix the milk, melted margarine, and egg or egg mix and water mixture. Add to the cornmeal mixture.
3. Add flour and baking powder to the bowl and mix until combined.
4. Heat a large skillet over medium heat and spray with cooking spray.
5. Spoon ¼ cup of the batter on the skillet. When bubbles appear, flip and cook the other side until golden brown. Serve with syrup, honey, yogurt or fresh fruit if desired.