

Cinnamon Buttermilk Pancakes

This recipe makes about 6 cups of batter



Ingredients

2 cups flour
3 tbsp sugar
1 ½ tsp baking powder
1 tsp baking soda
2 cups buttermilk (can use 2 ½ teaspoons of cream of tartar & 2 cups of milk, for lower fat)
1 ½ tsp vanilla extract
½ tsp cinnamon
1 egg
1/4 cup apple sauce

Directions:

1. In a large mixing bowl, whisk together flour, sugar, baking powder, baking soda, and cinnamon.
2. In a separate bowl, whisk together the egg, vanilla extract, applesauce, and buttermilk until smooth
3. Gradually add the wet ingredients to the dry ingredients, stirring gently until just combined. Avoid overmixing—a few lumps are okay
4. Line your trays with parchment paper and pour the batter evenly,
5. Add dividers if using, for easy portions
6. Pre Freeze when possible
7. Freeze dry (my cycle time was 29 hours)
8. Powder the mix before packaging for a smoother texture.
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 2 cups of water to 2 cups of freeze-dried pancake mix. Allow to sit for 5 minutes. Stir and adjust the liquid if necessary. Cook in a skillet with a little oil.

Notes:

For fluffier pancakes, use 50/50 milk and water when rehydrating.

Nutritional Value Per 1 medium pancake or 1/3 th of recipe

Calories: 182 Protein: 5 g Fat: 2 g Carbohydrates: 32 g Sugar: 8 g Fiber: 1 g