

Pancakes & Waffles

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Applesauce Pancakes

Submitted by Carol Harris

Credit for this recipe is given to Carol's sister, Kate Uhrhammer



Ingredients

3/4 cup whole wheat flour
1/2 cup flour
1 Tbsp sugar
2 tsp baking powder
1 tsp cinnamon
1/2 tsp salt
1 cup unsweetened applesauce
1/2 cup orange juice
2 eggs, slightly beaten
1 Tbsp salad oil

Directions

Mix dry ingredients in a large bowl. Mix wet ingredients in a separate bowl. Add wet ingredients to dry ingredients and stir until flour mix is just moistened. Cook pancakes as usual.

Multi-Grain B&B Pancakes

Submitted by Carol Harris

Credit for this recipe is given to Carol's sister, Kate Uhrhammer



Makes 9 servings

Ingredients

1/2 cup flour
1/4 cup whole wheat flour
1/4 cup quick oatmeal
3 Tbsp cornmeal
2 Tbsp wheat germ
2 Tbsp baking powder
1/4 tsp salt
2 tsp sugar
1 scant cup skim milk
2 Tbsp canola oil
1 large egg, beaten
1 cup fresh berries

Directions

Combine dry ingredients in a large bowl. In a separate bowl combine milk, oil and eggs, mix. Stir into dry ingredients, mixing well. Pour 1/4 cup batter for each pancake onto a 400° griddle. Cook about 2 minutes on each side, or until pancakes are golden brown, turning to second side when pancakes have a bubbly surface and edges are slightly dry. Top with berries.

Pancakes & Waffles

Belgian Waffles

Submitted by Dianne Haas



This recipe is from the DaVita kidney friendly recipes and is good for people with diet types: CKD non-dialysis ,Dialysis, Diabetes. Renal choices : 2 starch , 2 fat , 1/2 high calorie, low protein. Carbohydrates : 3

Serving size is 1 waffle .

If limiting carbs, change portion to 1/2 waffle and top waffle with fruit and whipped cream .

Makes 4 waffles

Ingredients

2 cups cake flour
3/4 teaspoon baking soda
2 extra large eggs, separated
3/4 cup sour cream
3/4 cup 1% milk
2 teaspoons vanilla
4 tablespoons unsalted butter, melted
2 tablespoons sugar

Directions

(Made using a Bella Belgian Waffle Maker, preheat on 3)

Mix together the cake flour and baking soda, set aside. Separate the egg whites and egg yolks. Whisk together egg yolks, sour cream, milk and vanilla. Melt the butter and then mix into the sour cream mixture.

In a different bowl beat the egg whites with a hand mixer on medium speed until soft peaks form, about 3 min. Add the sugar to the egg whites and continue to beat until stiff peaks form, 3-4 min.

Whisk the sour cream mixture into the flour until just combined.

Gently fold in egg whites.

Grease the waffle maker with extra virgin olive oil spray between each waffle. Add 1 cup batter. Cook 3 min. 20seconds.

Buttermilk Pancakes

Submitted by Peg Lux



You can add your favorites fruit to make these special...blueberries, strawberry pieces, even chocolate chips...our favorites as newlyweds in Michigan was local blueberries in season for Saturday breakfast.

Makes 10, 4 inch pancakes

Ingredients

egg
1 cup of buttermilk
2 tablespoons shortening, melted
1 cup of flour
1 tablespoon sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt

Directions

Beat egg. Add remaining ingredients in order listed and beat with whisk until smooth. Grease heated griddle if necessary. pour batter from tip of large spoon onto hot griddle. Turn pancakes as soon as they are puffed and full of bubbles break. bake on other side until golden brown.

Fly Off the Plate Pancakes

Submitted by Lori Rehm



These are so light and fluffy they will literally fly off the plate.

Ingredients

1 1/4 cups flour, sifted
1 Tbsp baking powder
1/2 tsp salt
1 Tbsp sugar
1 egg, beaten
1+ cup milk
1 Tbsp oil

Directions

Sift flour with baking powder, sugar and salt. In a separate bowl combine egg, milk and oil. Add liquids to the dry ingredients, stirring just until flour mixture is moistened. Cook on ungreased griddle until bubbles appear on the surface. Turn and cook a bit more until done.

Notes: freeze any leftover, cooked pancakes and rewarm in a toaster oven.

Heavenly Pancakes

Submitted by Kari Duncan



Ingredients

4 eggs, separated
1 cup dairy sour cream
3/4 cup flour, white or whole wheat
Dash salt
1 cup cottage cheese
1 1/2 tsp sugar
2 tsp vanilla
Butter or margarine for griddle

Directions

Beat egg whites with salt until stiff; set aside.
Combine remaining ingredients in mixing bowl and beat thoroughly;
Fold in beaten egg whites. Ladle onto hot buttered griddle.
When pancake begins to dry along edges, flip it over and lightly brown other side.

Lefse

A classic from the "Original KOG 1975 Cookbook"
submitted by Janet Doerner



Ingredients

5 cups hot water
2 cups milk
1/2 cup margarine
8 cups instant mashed potatoes
2 tsp salt
1 1/2 cups flour

Toppings:

Butter
Sugar

Directions

Combine water, milk, margarine and potatoes and allow to cool. Add flour and salt and mix to combine. Roll out 1-2 Tbsp at a time, using additional flour to keep from sticking. Roll thick. Bake lightly on both sides on a griddle. It will brown in spots. When ready to serve spread with butter, sprinkle with sugar, fold and cut.

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Oatmeal Pancakes

Submitted by Bill Coglean & Evie Pheatt



Ingredients

3 cups oats; rolled, quick or old-fashioned
1 quart buttermilk
1 cup all-purpose flour
1 Tbsp sugar
2 tsp baking soda
2 tsp salt
4 eggs

Directions

Mix oats, flour, sugar, baking soda, and salt together with a whisk. Add the buttermilk and mix. Then beat the eggs and mix them in the batter. I usually make the batter at night and place in the refrigerator until morning when I cook them. You can usually let them sit for an hour or so before cooking.

Bake on a lightly greased 350griddle until bubbles form on the top. Then turn and cook the other side. The recipe makes about 25 to 30 pancakes depending on the size. Serve hot with your choice of toppings: butter, peanut butter, syrup, honey, and/or fresh berries.

*Notes: If I use "Coaches Oats" I reduce the oats to 2 3/4 cups. I often mix 1/4 cup of milk before I bake them because the batter may be too stiff.

Pastor Rachael's Gluten-Free Pannekoeken

Submitted by Pastor Rachael Dales



Perfect for two or a hearty breakfast for one.

Ingredients

3 whole eggs
2 heaping tablespoons of Gluten Free pancake mix
1/4 cup milk (adjust for consistency)
Several drops vanilla extract
1 squirt stevia extract or a little sugar
Additional:
Butter for pan and garnish
Favorite syrup

Directions:

Heat medium nonstick frypan on medium low heat. Add pat of butter and coat bottom of pan. Mix the eggs, pancake mix, vanilla and stevia or sugar and add milk so that batter consistency should be similar to pancake. When butter foams in the pan, add the batter. Turn down heat after a couple of minutes. Cook until bubbles leave craters on the edges of the cake. Flip and cook until the center is raised and bounces back when gently pressed. Remove to plate and top with butter and syrup.

Variations:

Top with fruit and whipped cream.
Use favorite jam or marmalade instead of syrup.
Add half a banana smashed up in the batter and top with peanut butter.

Notes:

If you are not gluten free you can substitute Bisquick or regular pancake mix.

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Sourdough Pancakes

Submitted by Pastor Paul Finley

Credit for this recipe is given to Karissa Finley



For all of us whose 2020 sourdough project stuck around...

Ingredients

1 cup sourdough starter (discard/unfed OK)
2 eggs
1 cup milk
1/2 tsp vanilla
3 Tbsp oil
1 1/2 cups flour
3 Tbsp sugar
2 tsp baking powder
1 tsp baking soda
1 tsp salt

Directions

Mix wet ingredients.

Add dry ingredients and stir just until mixed.

Let rest 10 minutes.

Cook on buttered griddle over low temp, turning halfway through (timing depends on your griddle...) 1-3 minutes per side.

Aebleskiver (Danish pancake balls)

Submitted by Karissa Finley



The name means "Apple slices" so if you want you can add a piece of apple in each one... Or chocolate chips, jam, or just plain! You'll need a specialty pan (someone you know probably has one to lend!), and something like a knitting needle (fork/toothpick/ chopstick works) for turning.

Ingredients

2 eggs, whites and yolks separated
1 tablespoon sugar
2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
4 tablespoons butter, melted and cooled, plus extra for the pan
2 cups buttermilk (or 2 T white vinegar added to 2 c milk)

Directions

Whisk the egg whites and sugar until stiff; set aside.

Mix dry ingredients. Add in egg yolks, then gradually add buttermilk and cooled butter. Mix until smooth. Fold in egg whites.

Heat up your aebleskiver pan to medium; add a little melted butter to each hole. Fill 3/4 with batter. After batter starts to firm up or get bubbly at the edge, use a stick or fork to quickly spin the Aebleskiver 90 degrees to let more uncooked batter touch the pan. Repeat to finish forming a ball (add filling if desired before closing it off). If there's a hole left you can add a little extra batter into the hole then turn once more. Continue turning until crust is evenly light-brown.

Sprinkle with powdered sugar, and dip in jam or syrup.
Make more than you think you'll need!

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Easy Basic Pancakes

Submitted by Rana Crouch
From marthastewart.com



Preheat oven to 200°

Ingredients

1 cup all-purpose flour (spooned and leveled)
2 Tbsp sugar
2 tsp baking powder
1/2 tsp salt
1 cup milk
2 Tbsp unsalted butter, melted, or vegetable oil
1 large egg
1 Tbsp vegetable oil

Directions

Preheat oven to 200 degrees; have a baking sheet or heatproof platter ready to keep cooked pancakes warm in the oven. In a small bowl, whisk together flour, sugar, baking powder, and salt; set aside.

In a medium bowl, whisk together milk, butter (or oil), and egg. Add dry ingredients to milk mixture; whisk until just moistened (do not overmix; a few small lumps are fine).

Heat a large skillet (nonstick or cast-iron) or griddle over medium. Fold a sheet of paper towel in half, and moisten with oil; carefully rub skillet with oiled paper towel.

For each pancake, spoon 2 to 3 tablespoons of batter onto skillet, using the back of the spoon to spread batter into a round (you should be able to fit 2 to 3 in a large skillet).

Cook until surface of pancakes have some bubbles and a few have burst, 1 to 2 minutes. Flip carefully with a thin spatula, and cook until browned on the underside, 1 to 2 minutes more. Transfer to a baking sheet or platter; cover loosely with aluminum foil, and keep warm in oven. Continue with more oil and remaining batter. (You'll have 12 to 15 pancakes.) Serve warm, with desired toppings.

Pancake Variations

Buttermilk: In step 1, add 1/2 teaspoon baking soda to dry mixture. In step 2, replace the milk with low-fat buttermilk.

Yogurt: In step 1, add 1/2 teaspoon baking soda to dry mixture. In step 2, replace the milk with 2/3 cup plain low-fat yogurt and 1/3 cup milk.

Whole-Grain with Yogurt: In step 1, replace the all-purpose flour with 1/2 cup whole-wheat flour, 1/4 cup each cornmeal and wheat germ, and 1/2 teaspoon baking soda. In step 2, replace the milk with 2/3 cup plain low-fat yogurt and 1/3 cup milk.

French Toast Waffles

Submitted by Kari Duncan



Ingredients

2 eggs
4 T melted butter
1/2 cup milk
1/4 tsp. salt
Bread

Directions

Combine first 4 ingredients. Cut sliced bread into pieces to fit a waffle iron. Coat the bread well with the batter. Toast coated bread on hot waffle iron.