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## Blueberry, Toasted-Pecan, Whole Wheat Pancakes

NATURALLY DELICIOUS RECIPES

Janice Feuer-Haugen

### ***Pancake, Pancake, Baker's Man, Make Me a Pancake as Fast as You Can!***

Pancakes are one of the earliest forms of bread and have been enjoyed in a variety of sizes and types since ancient times. Throughout history each region of the world has its own unique version—such as *crêpes* in France, *blini* and *blintzes* in Russia, *dosa* and *pooda* in India, *serabi* in Indonesia, *latkes* in Eastern Europe, and sourdough pancakes in Alaska, etc. Pancakes are small, thin, flat, raised, fluffy, large, lacy, filled or sauced. Sometimes they are baked on hearthstones or in an oven and sometimes they are cooked on a grill over an open fire or a griddle on the stove. Pancakes can be sweet with the addition of filling or a topping of fruit, nuts, honey and/or maple syrup; and sometimes they are savory with cheese, seafood, vegetables and/or meat. Depending upon the country, pancakes are eaten for breakfast or lunch or dinner, or as an hors d'oeuvre or snack.

This month's recipe for **Blueberry, Toasted-Pecan, Whole Wheat Pancakes** is perfect for Sunday brunch or a Saturday morning breakfast as they are yummy to eat as well as easy to make. These pancakes are loaded with the high-quality fiber, vitamins, minerals and antioxidant power of whole wheat, blueberries and pecans. They have become a

favorite in my family over the years where we top them with my homemade chunky applesauce.

By making pancakes (and other baked goods as well) from scratch, the cook gets to decide the amount of sweetener, if any, the quality and freshness of the ingredients as well as the number of ingredients. (One "natural" pancake mix I looked at listed about 30 ingredients on their packaging—including not-so-real blueberries and flavoring amongst the many other difficult to pronounce items.)

Blueberry Toasted-Pecan Whole Wheat pancakes are healthful in a number of ways because of the quality of their ingredients. I personally like to use "Grain Milk" in them, as it contains no added sweetener, just the natural sweetness of whole grains. You can also substitute Oat Milk or other non-dairy milks, or even regular milk if you prefer. To toast the nutrient-dense, high protein pecans, bake them in a preheated 350° oven for about 7 minutes. When they are cool, finely chop them in a food processor or blender. When finely chopped, their rich flavor and texture is evenly distributed throughout each pancake. And a final tip, keep the blueberries frozen before folding them into your batter to avoid having green pancakes.

*Have a healthful, joyful, Blueberry-Pecan-Whole-Wheat-Pancake-filled New Year!* —Janice

Yield: 10 four-inch pancakes

1 cup pecans, toasted and finely chopped  
1 cup + 3 tablespoons Grain Milk\*  
1 tablespoon apple cider vinegar  
1-1/8 cups whole wheat pastry flour  
1/2 teaspoon baking soda  
1/3 teaspoon sea salt  
1/2 teaspoon cinnamon  
1 large egg  
2 tablespoons butter, melted  
1 1/3 cup frozen blueberries

Combine the grain milk with the vinegar and let sit for at least 5 minutes. Preheat the oven to 200° and place an empty cookie sheet in the oven.

In a medium-size bowl, stir together the flour, baking soda, salt, cinnamon and pecans. In a small bowl, whisk together the grain milk/vinegar mixture, egg and melted butter. Stir the frozen blueberries into the flour mixture; then stir in the wet ingredients. Mix gently just until the batter is combined. The batter will be thin.

Heat a non-stick griddle or large sauté pan over moderate heat until it is hot enough for drops of water to dance on its surface. Use a 1/3 cup measuring cup to drop the batter onto the pan. Cook the pancakes 2–3 minutes until bubbles form on the surface and the bottoms are a rich golden brown. Turn the pancakes over and cook another 1–2 minutes until golden brown. Transfer the pancakes as they are cooked in a single layer onto the cookie sheet in the preheated oven. This will keep the pancakes warm while you repeat the process with the remaining batter.

Serve warm with chunky applesauce (my favorite) or a dab of butter and pure maple syrup. ■

\*Or other non-dairy milk, preferably unsweetened

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