

Fruit Pancakes

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Ingredients: 6-8 Pancakes

2 cups Buttermilk Pancake Mix (I use Krustez)
2 tsp Sugar
1/4 tsp Cinnamon
1 pinch Nutmeg
3/4 cup Buttermilk
3/4 cup Orange-Pineapple Juice
1/2 tsp Vanilla
1 Apple, grated (large) include skin no seeds
1 Banana, cut in 1/2 inch cubes
1 cup blueberries (can be frozen)
1 cup Raspberries (can be frozen)
1/2 cup Strawberries, cut in 1/4s (optional)
Vegetable Oil or Butter for Frying

Procedure:

In a large bowl blend 2 cups pancake mix, 2 tsp sugar, 1/4 tsp cinnamon and a pinch of nutmeg. In a separate bowl, mix 3/4 cup buttermilk, 3/4 cup orange-pineapple juice and 1/2 tsp vanilla.

Add the liquid mix to the dry mix and blend thoroughly. Add large-grated apple, then 1 cubed banana; carefully fold in 1 cup blueberries, 1 cup raspberries and optionally 1/2 cup strawberries (careful not to break up the berries, which will discolor the batter).

The batter will look as though it is all fruit, coated with batter.

For crunchy cakes:

Heat a skillet to medium low. Melt butter or vegetable oil in a frying pan, enough to cover the bottom of the pan, at medium low heat. Spoon a heaping 1/4 cup of batter into the pan. When batter begins to bubble on top, flip over making sure there is enough oil or butter for that side to fry.

(Note: If you are using frozen berries the center of the cakes take longer to cook, in which case place them into a 300°F preheated oven for 5 minutes to continue the cooking process without darkening them further.)

Or:

Turn the heat down on the skillet and flip the cakes a couple of more times until done.

For Lighter Cakes:

Spray a skillet with vegetable oil over medium heat. Spoon a 1/4 cup of batter into the skillet. When bubbles appear the batter and they begin to set turn the cakes over and cook until desired color is achieved.

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