

SHOPPING LIST

VERY Berry Pancakes

- ☐ White Flour
- ☐ Yellow Cornmeal
- ☐ White Sugar
- ☐ Baking Soda
- ☐ Baking Powder
- ☐ Kosher Salt
- ☐ Mixed Berries
- ☐ Buttermilk
- ☐ Skim Milk
- ☐ Large Eggs
- ☐ Unsalted Butter
- ☐ Real Maple Syrup

First, check off the items you already have at home.



Sully The Cell presents

BREAKFAST

VERY Berry Pancakes



VEGETARIAN



TIME



DIFFICULTY



SERVES



YOU WILL NEED



1 $\frac{3}{4}$ cup
all purpose
white flour



$\frac{1}{4}$ cup
yellow cornmeal



1 tablespoon
white sugar



1 teaspoon
baking soda



2 teaspoons
baking powder



$\frac{1}{2}$ teaspoon
kosher salt



2 cups
fresh or unfrozen
frozen berries



2 cups
buttermilk



$\frac{1}{2}$ cup
skim milk



2 large eggs



2 tablespoons
unsalted butter,
melted plus more
for the pan



Real Maple Syrup

DIRECTIONS

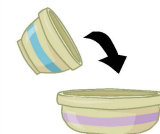
ATTENTION KIDS: Always cook with a grownup!



STEP 1: Place the flour, cornmeal, sugar, baking soda, baking powder and salt in a large bowl and stir to combine. Add the berries and gently toss.



STEP 2: Place the buttermilk, skim milk, eggs and butter in a small bowl and stir to combine.



STEP 3: Add the wet ingredients to the dry ingredients and mix until just combined. Do not over-mix.



STEP 4: Place a large skillet over medium heat and when it is hot, add 1 teaspoon additional butter. Drop ladlefuls of batter on the surface and cook until bubbles form. Flip over and cook for about 2 minutes.



STEP 5: Serve immediately with real maple syrup.

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Nutrition Facts

Serving Size 1 Pancake (110g)

Servings Per Container 12

Amount Per Serving	Calories from Fat 40
Calories 150	
Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 330mg	14%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 5g	
Vitamin A 4%	Vitamin C 6%
Calcium 10%	Iron 6%
Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
Total Fat 65g	100%
Saturated Fat 20g	29%
Cholesterol 300mg	300%
Sodium 300mg	300%
Total Carbohydrate 375g	375%
Dietary Fiber 25g	300%
Calories per gram:	
Fat 9	Carbohydrate 4
Protein 4	