

Breadfruit Pancakes

Mary McLaughlin

Ingredients

- 1 cup breadfruit flour
- 1 Tbsp sugar
- ½ tsp baking soda
- 1 tsp baking powder
- ½ tsp cinnamon
- ¼ tsp salt
- 1 cup milk (may have to add more)
- 3 Tbsp melted butter or vegetable oil
- 2 large eggs
- 1 Tbsp vegetable oil for pan



Directions

Mix together flour, sugar, baking powder, and salt; set aside.

In a medium bowl, whisk together milk, butter (or oil), and eggs.

Add dry ingredients to milk mixture; whisk until moistened. You may have to add more liquid.

Heat a large skillet or griddle over medium. Moisten with oil.

For each pancake, spoon 1 Tbsp batter onto skillet.

Cook 1 to 2 minutes.

Flip carefully with a thin spatula, and cook until browned.



Trees That Feed Foundation