

Easy Peasy Sourdough Pancakes and Waffles

Ingredients:

Dry:

- 1 1/2 c. all-purpose flour
- 2 t baking powder **
- 1 t. baking soda **
- 1/2 t salt
- 2 T [monk fruit](#) or honey (if using honey then add it to the wet ingredients)

Wet:

- 1 c. sourdough starter or discard
- 1 - 1 1/2 c. milk or plain kefir, add a little more if it seems too thick
- 2 eggs, beaten (*for fluffier waffles [separate](#) the eggs and beat the whites in a separate bowl. gently fold into the batter and cook as directed.*)
- 3 T cooking oil
- 1-2 t. vanilla, optional

Directions:

In a large bowl whisk together the wet ingredients. In a separate bowl mix together the dry ingredients, Add the dry ingredients with the wet ingredients and stir just until well moistened. (*The finished product will be tough if it is over-stirred.*)

FOR PANCAKES:

Heat a greased griddle or skillet over medium-high heat. Pour 1/4 cup of batter onto the griddle. Flip when the top is bubbly. Don't mash down! Cook just until the other side is browned.

FOR WAFFLES:

Preheat your waffle iron. Spray the iron with cooking spray and then pour about 1/3 cup of batter onto the iron. Cook as directed or until the steaming stops.

These can also be frozen and reheated in the microwave or toaster.

*You can also stir in chocolate chips, berries, nuts or anything else you desire.

** If you mix the batter up the night before you need to wait until the next day to add these. Make sure to stir in well and let sit 5-10 minutes before using the batter. *A longer ferment for the batter may improve the digestibility and health of the sour dough.*