

Sourdough Pancakes

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****To make these, you need active, recently fed sourdough starter.****

Serves 2 – about 3 large pancakes per serving – easily doubled or tripled!

4 points per serving on all plans as far as I can calculate with the sour dough starter

- 1 cup fed sourdough starter
 - 1 egg
 - 2 Tbsp unsweetened applesauce
 - 1 Tbsp zero calorie sugar replacement (I use Lakanto Monkfruit)
 - 1/4 tsp salt
 - 1/2 tsp baking powder
 - 1 tsp canola oil for frying in cast iron or spray for other pans
1. If using a cast iron skillet or griddle, begin heating it while you are mixing batter – it should be hot enough to produce a sizzle
 2. In a medium bowl, mix the starter, egg, applesauce, monkfruit and salt in a glass bowl.
 3. Add the baking soda last – it should foam up!

4. Put oil in hot skillet and let that heat up.
5. Once it is heated, start scooping batter in. Turn the stove down so the inside of the pancakes cook and the outside does not get too brown.
6. Once the top is nice and bubbly, turn the stove down a bit more and flip. Flip only once. Let cook another 30 seconds to 1 minute.