

# Jenny's Orgasmic Pancakes

Better than sex? You might think so when you try these fluffy, delicious pancakes. It's easier than you think to make pancakes from scratch... about 5 minutes to get the batter ready. It's important not to over-mix the batter so do not use an electric mixer, just a spatula or spoon. Serve these with real maple syrup!

1 cup all purpose flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
a dash of salt  
1 cup low fat buttermilk  
1 egg  
2 Tablespoons canola or vegetable oil  
1 cup fresh blueberries or diced apple (optional)

1. Sift dry ingredients into a medium bowl.
2. Combine buttermilk, egg and oil in a measuring cup.
3. Add liquid mixture to flour mixture, gently folding until just combined. A few lumps are okay.
4. Preheat an electric non-stick griddle to 375° or a large non-stick pan to medium-high.
5. Cook for about 3 minutes or until tiny bubbles appear on the top and the edges are dry, then flip and cook another 3 - 4 minutes.

\*makes 6-8 pancakes