Whole Wheat Flour Pancakes

Ingredients:

- 1 cup freshly ground whole wheat flour
- 2 tablespoons sugar (or honey/maple syrup for sweetness)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup buttermilk (or a mixture of 1 cup milk + 1 tablespoon vinegar/lemon juice)
- 1 large egg
- 2 tablespoons melted butter (or vegetable oil)
- 1 teaspoon vanilla extract (optional)

Instructions:

In a large mixing bowl, whisk together the freshly ground whole wheat flour, sugar, baking powder, baking soda, and salt.

In a separate bowl, whisk together the buttermilk, egg, melted butter, and vanilla extract (if using) until well combined.

Pour the wet ingredients into the dry ingredients and stir until just combined. It's okay if the batter is slightly lumpy.

Let the batter rest for about 5-10 minutes. This allows the whole wheat flour to hydrate and results in fluffier pancakes.

Preheat a non-stick griddle or a large skillet over medium heat. If needed, lightly grease the surface with cooking spray or a little butter. Once the griddle is hot, pour 1/4 cup of batter onto the cooking surface for each pancake. Cook until bubbles form on the surface and the edges look set, about 2-3 minutes.

Flip the pancakes and cook for an additional 1-2 minutes or until they are golden brown on both sides. Remove the pancakes from the griddle and keep them warm in a low-temperature oven while you cook the remaining batter.

Serve the whole wheat pancakes warm with your favorite toppings, such as fresh berries, sliced bananas, maple syrup, or a dollop of yogurt.

Enjoy your homemade Whole Wheat Flour Pancakes! These pancakes are not only wholesome and nutritious but also incredibly tasty. The freshly ground whole wheat flour will give them a nutty and satisfying flavor.