Sourdough Pancakes

JADE CLARK
Food Lover, Mom, Jewish Mom

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Sourdough gives these Sourdough pancakes a delicious flavor and fluffy texture that you can't get from other! These will quickly become your family's favorite breakfast!

Just when I thought I found the only pancake recipe I'd ever need, I start messing around with sourdough. And my pancake world was rocked.

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Remember that sourdough starter I shared with you a few weeks ago? This is the first recipe we're sharing using that delicious starter. Don't worry, there are more sourdough recipes to come. This is just the beginning. And what a sweet beginning it is!

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And really, what's not to love? One bowl, no more than 5-10 minutes of prep work (assuming you have that sourdough starter ready) and quick cook time.

These quick sourdough pancakes get eaten faster than we can get them off the griddle.

Why not try a homemade strawberry syrup or raspberry topping to make these an even more decadent morning treat?

Sourdough Pancakes (Great for Sourdough Discard)

★★★★★ (Write a Review)

Sourdough pancakes have a delicious flavor & fluffy texture that you'll fall in love with! These will become your family's favorite breakfast.

SERVINGS	PREP TIME	COOK TIME	TOTAL TIME
10 - 12	10 minutes	10 minutes	20 minutes

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Ingredients

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 tablespoons granulated sugar
- 1 teaspoon salt
- 1 cup sourdough starter
- 2 cups buttermilk
- 2 large eggs room temperature
- 2 tablespoons vegetable oil

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Instructions

1. In large bowl, whisk together the flour, baking powder and soda, sugar and salt.
2. Add the sourdough starter, milk, egg and oil. Mix just until combined.
3. Spray a pancake griddle with cooking spray or lightly grease with butter. Heat the griddle to about 350-350 degrees.
4. Pour ¼ cup pancake batter on the hot griddle. Cook until bubbles form and the edges begin to dry, then flip the pancake.
5. Cook for an additional 1-2 minutes or until the pancake is cooked through.
6. Serve warm with butter and syrup.

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Notes

The pictures shown are based on the recipe making about 12 pancakes that are about 6" in diameter, with 1 serving being 1 pancake. Since different brands of ingredients have different nutritional information, I have provided the information based on the USDA database and recommend you seek a nutritionist for exact nutritional information.**

Nutrition

Calories: 149kcal, Carbohydrates: 24g, Protein: 6g, Fat: 3g, Saturated Fat: 1g, Cholesterol: 35mg, Sodium: 370mg, Potassium: 158mg, Fiber: 1g, Sugar: 3g, Vitamin A: 75 I.U., Calcium: 89mg, Iron: 1mg

AUTHOR	COURSE	CUISINE	CALORIES	KEYWORDS
Jade Clark	Breakfast	American	149 kcal	sourdough pancakes, easy sourdough, sourdough recipes

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About Jade Clark
I'm Jade Clark, CNC and recipe developer of Tastes by Lizzy T. With my B.A. in Education and over 30 years of cooking and baking, I want to teach YOU the best of our family recipes.
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Rachel REPLY
April 26, 2022 at 7:09 pm
Reply

Best pancakes I've ever made! Thank you, Lizzy, for this delicious recipe! It's the first one I made with my sourdough starter as well. I used oat milk instead of dairy milk, and they still turned out super fluffy!

Amber REPLY
May 5, 2022 at 10:22 am
Reply

Make these once a week, they are the best! A favorite way to use discard fresh or older.

Janice REPLY
March 31, 2022 at 11:00 pm
Reply

This recipe has saved dinner SO many times for us that I figured it was high time I write a review. It's very forgiving, it doesn't make much difference if my starter is fresh or has started to discard, it's always delicious. Today I ran out of milk so I used 1 cup water and 1 cup buttermilk with a few drops of lemon juice added to the water. I used the same amount of oil, but I probably would have used for pancakes but for bonus points because of the added tang of the sourdough. Even my ultra picky-won't-even-eat-mac-n-cheese-four-year-old loves them! And he wants them as soon as he wakes. I can be totally unprepared for dinner and decide to do these at the last minute and everyone is happy. Thank you, Lizzy ❤

Julie Clark REPLY
April 1, 2022 at 5:29 pm
Thank you so much!

Rosie Williams REPLY
April 1, 2022 at 12:20 pm
Reply

Absolutely amazing flavor. FYI I was out of sugar so I substituted 1/4 cup of Greek yogurt for the sugar it worked great. The batter was smooth and creamy. Family loved these pancakes.

Wendy REPLY
April 16, 2022 at 8:37 am
Reply

Great recipe. I cut it in half as it's just the two of us. Best pancakes in years.

Sarah REPLY
April 27, 2022 at 4:10 pm
Reply

I am swimming in sourdough discard... Absolutely loved these pancakes!!! Great yummy way to use the extra in something that isn't bread. I did use melted butter in place of oil though.

Jessica REPLY
April 24, 2022 at 10:42 pm
Reply

These are genuinely the best pancakes I have ever made. I used my week old sour dough starter discharge which is 50/50 ap and whole wheat flour. I cut the recipe in half and added a mashed ripe banana because I had to get rid of it anyway. Fried the pancakes in butter and served with Soft and fluffy, with nice crispy edges and they just took so beautiful and perfect. Thank you for this recipe.

Jillian REPLY
April 30, 2022 at 3:32 pm
Reply

Delicious! My kids love them! I change the milk to almond milk and oil to applesauce. Still delicious!

Tim Ignas REPLY
May 12, 2022 at 8:11 pm
I also cut recipe in half fantastic ale two big ones

Rosalie REPLY
May 16, 2022 at 3:19 pm
Reply

I've made these sourdough pancakes a few times now and we love them. Super fluffy and delicious. I used a combination of whole wheat,unbleached white and oat flour. I used unsweetened almond milk, coconut sugar and added 1 teaspoon of cinnamon and frozen wild blueberries. These whatever pancakes are leftover and just reheat in the microwave for a minute and a half or two. Yummy! Thank you! My husband loves them and he's picky about his pancakes! Lol!

Manuela Fletcher REPLY
May 16, 2022 at 5:24 am
Reply

Absolutely fantastic. These pancakes are so fluffy and taste delicious. I used my sourdough discard and it worked perfectly.

Pam Pryor REPLY
May 24, 2022 at 10:56 am
Reply

Oh my! I'm known for my Pam Cakes but this recipe makes the fluffiest pancakes I have ever had! I was looking for an easy sourdough recipe and this is it. Thanks for this one!

Julie Clark
May 24, 2022 at 3:44 pm
I love "Pam cakes"! That's awesome! But I'm glad you liked this one too 😊

jessica mamer REPLY
May 22, 2022 at 8:27 am
If you have left overs do they freeze well?

Julie Clark
May 22, 2022 at 9:44 am
Yes!

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