



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

## Buttermilk Pancakes

3 cups all-purpose flour  
2 ½ tablespoons baking powder  
1 teaspoon salt  
2 tablespoons sugar  
2 egg,  
¼ cup sunflower oil  
3 ½ cup buttermilk

## The Steps

- Mix flour, baking powder, salt and sugar together in a medium size bowl.
- In a separate bowl whisk together eggs, oil and buttermilk.
- Add the buttermilk mixture to the dry ingredients.
- Let stand on the counter for 10 minutes.
- Place a heavy bottomed skillet over medium heat.
- When the skillet is hot, pour 1 teaspoon of sunflower oil into the pan smearing it all over with a piece of paper towel.
- Pour 1/3 cup of portions pancake batter onto the hot skillet making sure to leave enough room for the pancake to spread out.
- When you see little bubbles forming on the top surface of the pancake turn it over and finish cooking the other side.
- Serve immediately with your favourite syrup.

**THE LOVE:** Make sure that the pan is not too hot so that you do not burn either side of your pancakes.