



Sourdough Discard Pancake Recipe

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How to make light, fluffy, and delicious sourdough pancakes from your discard. These pancakes come together in less than 5 minutes and fly off the griddle in my home! A great way to use your discard and start the day with a delicious breakfast.

Course	Breakfast
Cuisine	American
Prep Time	5 minutes
Total Time	5 minutes
Servings	8 pancakes
Calories	226kcal
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Ingredients

- 10 ounces all-purpose flour about 2 cups spooned and leveled
- 1 cup sourdough discard more or less is ok
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 3 Tablespoons Sugar
- 14 ounces milk about 1 $\frac{3}{4}$ cups
- 2 large eggs
- 2 Tablespoons canola oil
- 1 teaspoon salt

Instructions

1. Preheat your skillet over medium-low heat for 15 minutes
2. Combine all your ingredients together in a bowl and mix until it's combined. It will be lumpy and thats ok.

3. Melt 1 teaspoon of butter in your hot skillet
4. Add about ½ cup of your batter into the pan and cook for 5 minutes or until the edges of your pancakes start to look dry and you start seeing holes on top of the pancake
5. Flip your pancake and cook for another 3 minutes
6. Serve immediately with more melted butter and syrup!

Notes

1. Low and slow is perfect for pancakes. I use a thermometer to check the temp of my skillet. You're shooting for 300°F or just set your temp to medium-low
2. Do not over-mix your batter or it will become tough. Just mix it until it's cohesive
3. Use your batter right away for the best results
4. You can save sourdough discard and use it later! Just wrap it up and put it in the fridge for up to two days. Any longer and it starts to develop too much flavor and can taste bitter.

Nutrition

Serving: 1 pancake | Calories: 226kcal | Carbohydrates: 34g | Protein: 7g | Fat: 7g | Saturated Fat: 2g | Cholesterol: 51mg | Sodium: 468mg | Potassium: 222mg | Fiber: 1g | Sugar: 7g | Vitamin A: 148IU | Calcium: 112mg | Iron: 2mg