



# BLUE CORN PINON PANCAKES

## INGREDIENTS

- 1/2 cup quinoa flour or 1/2 cup brown rice flour
- 1 cup blue cornmeal
- 3 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 1/4 cups water
- 1 egg
- 3 tablespoons sunflower oil or vegetable oil
- 1 tablespoon berries such as blueberries
- 1/4 cup pinion nuts, shelled
- Additional berries and shelled pinions for toppings, optional

## SUPPLIES

- Measuring cups and spoons
- Large bowl
- Sifter
- Large mixing spoon or whisk
- Griddle or frying pan
- Spatula
- Plate

## DIRECTIONS

1. In a large bowl, sift together flour, cornmeal, baking powder, and salt
2. Form a well in the center and pour in water, egg, and oil
3. Add pinion nuts and berries, then mix until smooth
4. Heat a lightly oiled griddle or frying pan over medium-high heat
5. Pour batter onto the griddle, using approximately 1/4 cup for each pancake
6. Turn when bubbles appear
7. Brown on both sides and serve hot
8. Top with berries and pinion nuts

Recipe from Swentzell, Roxanne and Perera, Patricia. *The Pueblo Food Experience Cookbook: Whole Food of Our Ancestors*. Santa Fe, Museum of New Mexico Press, Print.