

Dark and Mysterious Muscovado Pancakes

Makes 18 pancakes

Exceptionally light and tender despite their stormy appearance, these pancakes get a nutrient boost from teff flour (high in calcium! and iron!) and wheat bran (high in fiber!). When it comes to buttering the griddle, don't skimp. It really adds flavor in a way cooking spray simply can't.

1 cup all-purpose flour
1/2 cup unprocessed wheat bran (not wheat germ)
1/4 cup teff flour
1/4 cup oats
3 tablespoons [muscovado sugar](#)
1 teaspoon baking soda
1/4 teaspoon salt
2 eggs
2 cups low-fat buttermilk
Butter, for greasing the griddle
Maple syrup, for serving

In a large bowl, whisk together dry ingredients.

In a medium bowl or 4-cup glass measuring cup, whisk together the eggs and buttermilk. Pour the wet ingredients into the dry, and whisk lightly to combine. Scrape the bottom of the bowl with a rubber spatula to be sure all the floury bits have been fully incorporated.

Place a cast-iron pan or griddle over medium-high heat. When drops of water sizzle then quickly evaporate, you may begin. Generously coat the griddle with butter. Using a standard-size ice cream scoop or scant 1/4 cup measure, dollop batter onto hot griddle. Cook for about 1-1/2 minutes per side, or until pancakes are set, nicely browned, and lacy. Add more butter to the griddle between batches, and lower the heat slightly, if necessary, to prevent burning.

Serve hot, with maple syrup.