

Recipe for Lightly Seeded Pancakes

Here's a little variation on your standard, fluffy pancakes. This version is still pouffy and impossibly light, but seeds add textural interest as well as a delicate undertone of flavor. I used toasted sesame seeds, but feel free to experiment with whole flax seeds, poppy seeds, or even [hemp seeds](#) (available at natural foods stores) if you like.

Makes 14 pancakes

1 cup all-purpose flour
2 tablespoons toasted sesame seeds (often in the Asian foods aisle rather than the spice aisle), or seeds of your choice
2 tablespoons medium-grind cornmeal
1-1/2 tablespoons dark brown sugar
3/4 teaspoon baking soda
1/8 teaspoon salt
1 egg, lightly beaten
1/2 cup plain yogurt (I used European-style fat-free)
1/2 cup + 1 tablespoon milk (fat-free works well)
1-1/2 tablespoons canola oil
butter, maple syrup, and fresh berries, for serving

In a medium bowl, whisk together all dry ingredients (flour through salt). In a second medium bowl, whisk egg, yogurt, milk, and oil. Add wet ingredients to dry ingredients, and whisk lightly until combined. Use a rubber spatula to scrape the bottom of the bowl and make sure the batter is uniformly moistened.

Heat a cast-iron griddle or skillet over medium-high heat until drops of water sizzle then evaporate. Coat with non-stick spray.

Use an ice cream scoop to dollop the batter onto the hot griddle. Cook 2 minutes on one side, flip, and cook about a minute on the second side, or until nicely browned and cooked through.

Serve hot with butter, syrup, and fresh berries.