

Lemon Blueberry Buttermilk Sheet Pan Pancakes

PREP TIME:
15 mins

COOK TIME:
20 mins

TOTAL TIME:
35 mins

COURSE: Breakfast, Brunch
CUISINE: American

Lemon Blueberry Buttermilk Sheet Pan Pancakes – essentially a giant pancake baked in the oven – is the most genius way of making pancakes!

Ingredients

- Cooking spray
- 1-1/2 cups unbleached all-purpose flour
- 1/2 cup white whole wheat flour
- 2 tablespoons granulated sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon kosher salt
- 2 tablespoons unsalted butter (melted and cooled slightly)
- 2 cups low-fat (1% buttermilk)
- 2 large eggs
- 1 medium lemon (juice and grated zest from)
- 2 teaspoons vanilla extract
- 1 -1/2 cups blueberries
- 1/4 cup water

OPTIONAL TOPPINGS

- Confectioners' sugar, pure maple syrup, honey, or light whipped cream

Instructions

1. Preheat the oven to 425°F. Spray a rimmed 13 × 18-inch sheet pan with cooking spray (this will keep the parchment in place).
2. Cut a piece of parchment paper to cover the bottom completely. Place on the sheet pan and spray more oil on the parchment and around the sides of the sheet pan.
3. In a medium bowl, whisk together the flours, sugar, baking powder, baking soda, and salt. In another medium bowl, whisk together the butter, buttermilk, eggs, lemon juice and zest, vanilla, and ¼ cup water until thoroughly combined.
4. Add the wet ingredients to the dry ingredients and whisk until just combined.
5. Do not overmix (or worry if there are some lumps). Gently fold in the blueberries with a spatula.
6. Pour the batter into the prepared sheet pan. Spread evenly with a spatula, then tap the sheet pan on the counter a few times to settle the batter.
7. Bake, rotating the pan halfway through, until golden and set, about 15 minutes.
8. Let cool for 5 minutes in the pan.
9. Place a large cutting board over the top of the pan and flip the pancake onto the cutting board.
10. Cut into 16 squares. Add toppings as desired and serve.

MEAL PREP:

1. Cool completely before transferring to an airtight container.
2. To reheat from the fridge, microwave for 40 seconds, flipping halfway through.
3. To reheat from frozen, microwave for 45 seconds. Flip and cook for an additional 45 seconds, or until heated through.

Serving: 2squares, Calories: 214kcal, Carbohydrates: 35g, Protein: 7g, Fat: 5g, Saturated Fat: 2.5g, Cholesterol: 57mg, Sodium: 503mg, Fiber: 2.5g, Sugar: 9g

Blue Smart Points: **6** Green Smart Points: **6** Purple Smart Points: **6**



YIELD: 8 servings



5 from 44 votes