

# KEFIR PANCAKES 3 DELICIOUS IDEAS



## **Ingredients:**

### **Pancake mixture ingredients:**

- 3-4 eggs
- 0.5 l kefir
- 200-250 g flour
- 4 tbsp (brown) sugar
- pinch of salt
- vanilla powder or seeds from one vanilla pod

### **Filling ingredients:**

- 250 g creamy kefir (left on a sieve for about 20 hours)
- 1 egg yolk

- 1/2 grated lemon rind
- pinch of vanilla powder
- 2 tbsp brown sugar

#### **Other suggested ingredients:**

- Nutella
- hazelnuts, walnuts, almonds,
- coconut flour
- roasted coconut chips
- various berries
- homemade strawberry jam
- pear jam with ginger and coconut
- non-stick cooking spray for the pan

#### **Kefir pancakes preparation steps**

Add the filling ingredients to the creamy kefir and mix. With a hand mixer, prepare the pancake mix and leave it to rest for about 15 minutes. Add some milk, if the mix is too thick. Spray the pan and cook the pancakes on both sides. Put about 2 heaped tbsp of filling on each pancake and roll. Transfer the rolled pancakes into a sprayed backing pan. Spread the rest of the filling over the pancakes. Preheat the oven to 200°C. Bake for about 20 minutes. Sprinkle with roasted coconut chips.

#### **Different kefir pancakes ideas**

For the filling, you can combine Nutella and coconut flour, or Nutella and ground hazelnuts. Pancakes can also be layered with fruit. If you add some more flour for the pancake mix to become thicker, you can prepare “lollipop pancakes”. Pour the pancake mix into the pan, insert a wooden toothpick from the side and cook on both sides.

#### **Products used to prepare this recipe:**



## Kefir Fermenter

[Buy on Kefirko.com](https://www.kefirko.com)



## Organic Milk Kefir Grains

[Buy on Kefirko.com](https://www.kefirko.com)



## **Cheese Maker**

[Buy on Kefirko.com](https://kefirko.com)