

Eat for Endurance Recipes by *Claire Shorenstein*

Triple-B (buttermilk, blueberry & banana) Pancakes

Adapted from Martha Rose Shulman's NY Times Recipe



I love pancakes over the weekend and especially after a long run. I like this recipe as I'm usually too tired and hungry to do lots of prep after I run, and this batter tastes better after sitting in the fridge, so I can prep the night before and then all I have to do is cook them after I shower. These are packed with fiber from the fruit & whole wheat flour, the nuts add some healthy fats and protein, and I often will add some additional protein on the side in the form of a dollop of Greek yogurt or a couple eggs (if I'm craving a little salty & sweet). These freeze well so you can just eat 1 or 2 and save the rest for weekday breakfasts and snacks!

Ingredients

- 1/2 cup rolled oats
- 1/2 cup low-fat milk (or almond or soy)
- 1 cup whole wheat flour
- 1/2 cup unbleached all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 tablespoon sugar (optional)
- 1/4 teaspoon salt
- 2 large eggs
- 1 1/2 cups buttermilk substitute* (Add 1 tbsp lemon juice to milk, let stand for five minutes)
- 1 teaspoon vanilla extract
- 3 tablespoons canola oil (or coconut oil)
- 1 cup fresh or frozen blueberries, plus extra fresh for topping
- 2 ripe bananas, mashed with a fork
- Cinnamon, to taste
- Chopped walnuts or other nuts, to taste

Directions

1. Combine the milk and rolled oats in a bowl, and set aside.
2. Sift together the flours, baking powder, baking soda, sugar and salt.
3. In another bowl, whisk the eggs, then add the buttermilk and whisk together. Then whisk in the mashed banana, vanilla extract and the oil.
4. Add flour mixture to wet ingredients and quickly whisk together. Do not overbeat; a few lumps are okay. Fold in oats and milk, then chopped walnuts. Let sit for one hour or overnight in the fridge.
5. Spray the hot griddle with pan spray (before each pancake) and also grease your spatula. Drop 3 to 4 tablespoons onto the hot griddle, depending on what size pancakes you prefer (we did a combo of one big and several small per person). Place six or seven blueberries on each pancake, in the middle. Cook until bubbles begin to break through, two to three minutes. Turn and cook for about 30 seconds to a minute on the other side, or until nicely browned. Remove from the heat, and continue until all of the batter is used up.
6. Serve hot with maple syrup and fresh blueberries and/or sliced banana on top.

Yield: A dozen pancakes

Advance preparation: You can keep these, well wrapped, in the refrigerator for a few days, or freeze (three per bag) for up to a few months. I froze a few and heated them up in the microwave a week later for a post-run snack – delicious!

Here are some **photos** for inspiration:

