

Overnight Teff Pancakes

If you're looking for a breakfast option that's both nutritious and satisfying, look no further than overnight teff pancakes. These pancakes are not only delicious but also offer a unique twist by incorporating teff sourdough starter discard, minimizing waste and enhancing flavor.

Whether you or a guest has a gluten intolerance, or you're simply seeking a new take on the classic pancake, these are sure to satisfy. Planning an outdoor brunch? They are ideal for grilling on the [Blackstone](#) while you chat with your guests.



Prep Time: 15 minutes

Fermenting Time: Overnight (or 30 minutes option)

Cook Time: 15 minutes

Ingredients:

1 cup [teff starter discard](#)

1-1/3 cups teff flour

3/4 cup milk (or substitute-vanilla almond milk)

1/4 cup maple syrup

2 teaspoons vanilla extract

2 tablespoons canola oil (or oil of choice/melted butter)

2 eggs - slightly beaten

1/4 teaspoon fine sea salt

4 teaspoons baking powder

1 teaspoon baking soda

1/2 teaspoon xanthan gum

Instructions:

- In the evening, combine the teff discard, teff flour, and milk in a large mixing bowl, whisking until smooth. Cover lightly and leave at room temperature for 8-12 hours.
- After your mixture has fermented for approximately 8-12 hours, add the remaining ingredients and mix until fully combined. Preheat a [nonstick griddle](#) or skillet over medium heat.
- Mix the batter thoroughly before scooping, and repeat this process as needed while cooking. Lightly coat your pan with spray or oil.

- With a measuring cup, scoop the batter and pour approximately 3-4 tablespoons onto the griddle – the batter should be thin enough to spread by itself. Let it sit for a few minutes to puff up and let the edges cook slightly (achieving a nice golden color), then flip the pancake to cook for another minute or so on the other side. Remove from the griddle.
- Serve with butter, maple (or your choice) syrup. Berries on top are delicious as well!!

In a rush? Opt for these same-day pancakes. They might not have the same rich flavor, but they're still tasty!

Combine the teff discard, milk, maple syrup, vanilla, oil, and eggs. Whisk in the dry ingredients. The batter will be light and bubbly. Once everything is thoroughly mixed, cover the bowl with a paper towel or tea towel and let it rest for 20-30 minutes. Follow directions above for cooking.