

# Wild Rice Pancakes

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*A nutty, healthy, and unique way to start any day, these wild rice pancakes are so tasty you won't believe they're packed with a rich, healthy grain. Wild rice is combined in a creamy pancake batter and fried to perfection, creating one-of-a-kind breakfast fritters that are phenomenal topped with applesauce or a fruit compote.*

## Ingredients:

1 ¼ c. wild rice  
5 c. water  
3 eggs  
3 c. buttermilk  
1 tsp vanilla extract  
3 c. flour  
¼ c. sugar  
1 Tbsp baking powder  
1 ½ tsp ground nutmeg  
¾ tsp salt  
3 Tbsp butter, melted

## Directions:

1. Bring wild rice and water to a boil in a saucepan over high heat. Reduce heat to medium low, cover, and simmer 35-40 minutes until rice is tender, but not mushy. Drain excess liquid, fluff rice, and cook, uncovered, 5 minutes more.
2. In medium bowl whisk together eggs, buttermilk and vanilla.
3. In a large bowl sift together flour, sugar, baking powder, nutmeg and salt. Add egg mixture and mix until just combined. Add butter and cooked wild rice and stir to create a creamy batter.
4. Heat a large, lightly oiled skillet or griddle over medium heat. Pour ¼ cup of batter onto griddle and cook until browned, about 90 seconds. Flip and cook until browned on the other side. Continue until all batter has been used. Serve hot, topped with applesauce or condiment of choice.

*Author: Catherine Herzog*