

# Blackberry Buttermilk Pancakes Topped with Raspberries & Blackberries, Pure Maple Syrup & Seeds

**Gather  
& Feast**

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Here's the ultimate weekend breakfast! These fluffy buttermilk pancakes boast crispy edges, filled with bursts of warm fresh blackberries, and topped with creamy mascarpone, fresh raspberries and blackberries, a generous drizzle of maple syrup, and a sprinkling of seeds and lemon balm. Yum!

**SERVES** 4-6 | **PREP TIME** 10 minutes | **COOK TIME** 25 minutes | **TOTAL TIME** 35 minutes

## INGREDIENTS

### Pancakes

- 250g (2 cups) plain/all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon bi-carb soda
- 2 tablespoons raw sugar, raw castor sugar, or castor sugar
- 1/2 teaspoon salt
- 480ml buttermilk
- 2 eggs
- 45g (3 tablespoons) butter, melted
- 125g fresh blackberries
- Butter for frying

### Toppings

- 4 large spoonfuls of mascarpone or thick natural yoghurt
- 125g fresh raspberries
- 125g fresh blackberries
- 1-2 tablespoons sunflower seeds and hemp seeds
- Roughly 1/2 cup pure maple syrup
- Micro lemon balm, for garnish (optional)



## METHOD

1. In a large mixing bowl, combine the plain/all-purpose flour, baking powder, bi-carb soda, raw sugar, and salt. Whisk to combine thoroughly.
2. Create a well in the centre of the dry ingredients and add the buttermilk, eggs, and melted butter.
3. Whisk the eggs into the buttermilk, then gradually incorporate the flour from the sides until just combined. The batter should be barely combined and relatively lumpy.
4. Gently fold in the fresh blackberries using a spatula or large spoon.
5. Place a large frying pan over medium heat, add a knob of butter, and allow it to melt.
6. Pour approximately 1 to 1 ½ cups of the pancake batter into the pan to form a large pancake.
7. Cook until air bubbles form on the surface, then flip and cook the other side until golden brown.
8. Remove from the pan and repeat with the remaining batter.
9. Top the pancakes with a dollop of mascarpone or thick Greek yoghurt, fresh raspberries, blackberries, sunflower seeds, hemp seeds, and a generous drizzle of pure maple syrup. Garnish with micro lemon balm leaves (optional).
10. Serve immediately and enjoy!

## NOTES

If you don't have buttermilk on hand, you can make a substitute by adding 2 tablespoons of lemon juice or white vinegar to 450ml milk. Let it sit for 5-10 minutes until it curdles slightly before using in the recipe.

Be careful not to over-mix the pancake batter. It's okay if there are a few lumps remaining; over-mixing can result in tough pancakes.

Ensure that the frying pan is heated to medium heat before adding the pancake batter. This allows the pancakes to cook evenly without burning.

Feel free to customise the toppings based on personal preference or dietary restrictions. You can add sliced bananas, chopped nuts, or a drizzle of honey as alternatives.

The micro lemon balm is an optional garnish and can be omitted if not available. Alternatively, you can use other fresh herbs for garnishing or skip this step altogether.

Leftover pancakes can be stored in an airtight container in the refrigerator for up to 2 days. Reheat in a frypan, toaster or in the oven before serving.



**Find the recipe and watch the video online:**

*<https://www.gatherandfeast.com/blackberry-buttermilk-pancakes-topped-raspberries-blackberries-pure-maple-syrup-seeds>*

Let me know if you make the recipe! x **@gatherandfeast**