

Blueberry Tsampa Pancakes

Tsampa is a Tibetan staple food, and is traditionally eaten with Tibetan butter tea.

- 1/2 cup purple (or white) tsampa
- 3/4 cup all-purpose flour, or white-whole wheat flour
- 1-2 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup milk/soymilk/almond milk/water
- 2 tablespoons unsalted butter or vegetable oil
- 1 large egg
- 1/2 cup fresh or frozen blueberries.
- 1 tablespoon vegetable oil for the pan

Serve with melted butter and warm maple syrup.



- 1) In a small bowl, whisk together tsampa, flour, sugar, baking powder, and salt.
- 2) In a medium bowl, whisk together milk, butter (or oil), and egg.
- 3) Add dry ingredients to milk mixture; whisk until just blended.
- 4) Stir the blueberries into the batter.
- 5) Heat a large skillet (nonstick or cast-iron) or griddle over medium and add some oil to the pan.
- 6) For each pancake, spoon 2 to 3 tablespoons of batter onto the pan, using the back of the spoon to spread batter.
- 7) Cook until surface of pancakes show some bubbles and a few have burst (1-2 minutes). Flip carefully with a thin spatula, and cook until browned on the underside (1-2 minutes).
- 8) Transfer to a baking sheet or platter; cover loosely with aluminum foil, and keep hot in a 200 degree oven. Continue with more oil and remaining batter. (You'll have approximately 12 pancakes).
- 9) Melt some butter in a small saucepan. Add some maple syrup – warm it all up together and pour on the hot pancakes. Serve and enjoy!