

Sparkling Water Pancakes



You will need:

- // 1 egg
- // 1 cup flour
- // 2 ½ tbl Sugar
- // ½ tsp salt
- // ½ cup low-fat milk
- // 5 tbsp mineral water (with bubbles)
- // Oil or butter for cooking
- // Top with powdered sugar, fruit, maple syrup, or your favorite jam (optional)

Directions:

Mix the egg, flour, sugar, salt and mineral water with a whisk until smooth. Gradually stir in the milk and leave the batter covered for 15 minutes.

Heat a little oil or butter in a medium frying pan or griddle and add about 1/4 of the batter to the pan.

Smooth the batter to distribute evenly. After about 30 seconds, turn and cook on the other side just as long. Bake 3 more pancakes with the remaining batter.

Choose your favorite toppings and eat!

Bon appétit!



Did you know?

Sparkling water contains carbonic acid (H_2CO_3), which is dissolved in mineral water. When the sparkling water is stirred into the pancake batter, the carbonic acid compound decomposes into CO_2 (gaseous carbon dioxide) and H_2O (liquid water).

The carbon dioxide gas bubbles are distributed by slowly and evenly stirring the pancake batter. When the pancake batter is cooked, the slowly escaping carbon dioxide gas bubbles ensure that the pancake remains as light as air (well, close to it anyway!). Not convinced? Try making a batch substituting tap water for sparkling water and see what happens!