Nick’s Organic Farm Recipe

Sophia’s Johnny Cake

This is a cornmeal pancake.

One cup Floriani or Pongo Creek cornmeal

½ cup flour (could be gluten free)

1/8 cup maple syrup

¼ teaspoon salt

3 tablespoons melted butter (you can add coconut oil for a vegan recipe)

one egg

One half teaspoon baking powder

½ cup milk, buttermilk or yogurt. (You may need up to one cup of this. Add until batter becomes pancake like. Not too runny, and not too thick).

\*Optional- add ¼ cup dried cherries, or fresh blueberries, bananas or nuts

Whisk dry ingredients. Add them to the whisked wet ingredients and stir until just mixed.

Fry on a buttered griddle. Flip over when browned and brown on other side. Can be served with maple syrup or honey on top.