

MOTHER'S BLUE CORN CAKES



Ingredients & Scaling:

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Blue cornmeal	1/2 cup	1 cup	2 cups	4 cups
Whole-wheat flour	1/2 cup	1 cup	2 cups	4 cups
Sugar	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup
Baking powder	1/2 tsp	1 tsp	2 tsp	1 Tbsp + 1 tsp
Salt	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp
1% low-fat milk	1 cup	2 cups	4 cups	8 cups
Melted butter	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Egg, large	1	2	4	8
Blueberries	3 cups	6 cups	12 cups	24 cups

Tbsp = tablespoon tsp = teaspoon 1 serving = 1 (4-inch) pancake

Preparation:

- In a large bowl, add cornmeal, flour, sugar, baking powder & salt. Whisk to combine.
- In a microwave-safe dish, microwave milk in 15 second intervals, until room temperature.
- In another bowl, combine melted butter & egg. Add room-temperature milk. Whisk to combine.
- Add wet ingredients a little at a time to the dry ingredients & gently stir until combined (want semi-thick batter). Use a mixer (if available) to smooth out the batter. Let set at least 10 minutes (can be done overnight).
- Preheat griddle/skillet over medium/medium-low. Once hot, scoop 1/4 cup of batter onto the griddle/skillet. Cook until 2-3 minutes, until bubbles appear & the sides begin to dry. Flip over & cook another 2-3 minutes.
- Serve with 1/2 cup fresh or thawed frozen fruit (blueberries, bananas, etc.).

Cook Time: 25 min

CACFP Guidelines

Serving size: 1 (4-inch) pancake provides: 1/2 oz equivalent grain, 1/2 cup equivalent fruit, qualifies as whole grain-rich.

• TIP •

These pancakes freeze & thaw well.

Nutrition Facts

variable servings per recipe

Serving size 1 (4") pancake (72g)

Amount per serving

Calories 120

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 135mg **6%**

Total Carbohydrate 17g **6%**

Dietary Fiber 2g **7%**

Total Sugars 3g

Includes 1g Added Sugars **2%**

Protein 5g

Vitamin D 1mcg **6%**

Calcium 82mg **6%**

Iron 1mg **6%**

Potassium 145mg **4%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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BLUE CORN



History

Blue corn is a type of flint corn that has a coarser texture & a nuttier, slightly sweeter taste compared to yellow or white corn. It has been a staple food for many Indigenous peoples for centuries, with records of use dating back to at least the 1540s. For thousands of years, corn has been a vital food source because it is highly adaptable & easy to dry, store & trade.

Health Benefits

This pancake recipe uses blue cornmeal, which is a traditional kind of cornmeal instead of yellow. Blue corn gets its dark blue color from a natural compound called anthocyanin. This compound also works like an antioxidant & may help reduce inflammation, making blue corn a nutritious ingredient.



Culture

In addition to health benefits, blue corn holds a deep significance for many Indigenous communities. It is often seen as a symbol of life, nourishment & strong connection to the land. In some Indigenous traditions, it represents the rising sun, the beginning of life, understanding & physical wellbeing.

Variety

Blue corn is an important ingredient in many traditional dishes, including tortillas, mush & hominy. It plays a key role in Indigenous & Mexican cuisines. Today, it is primarily grown in Mexico & the Southwestern United States.



Works Cited



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Recommended Kids Books:

- *Becoming BlueCorn* - By Theresa May
- *Becoming a Food Explorer* - By Arielle Dani Lebovitz

Date of last publication: 1/12/26