

Choco Fever Dream

Breakfast Pancake Popppers – Easy Bite-Sized Recipe

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Batter

- [ ] 1 cup all-purpose flour
- [ ] 2 tbsp sugar
- [ ] 1 tsp baking powder
- [ ] 1/2 tsp salt
- [ ] 1 cup milk
- [ ] 1 large egg
- [ ] 2 tbsp melted butter
- [ ] 1 tsp vanilla extract

Optional Mix-Ins

- [ ] 1/4 cup fresh blueberries
- [ ] 2 tbsp chocolate chips
- [ ] 1 tbsp finely chopped nuts

Instructions

1. In a bowl, whisk together flour, sugar, baking powder, and salt; I remember the gentle rustle of the whisk, simple breakfast memories drifting in.
2. In another bowl, beat the egg with milk, melted butter, and vanilla; the liquid shimmers like a quiet sunrise.
3. Pour the wet mixture into the dry, stir just until combined—lumps are okay; they keep the poppers tender.
4. Heat a non-stick skillet over medium-low heat, brush with a little butter, then spoon 1-tablespoon batter for each popper; watch them puff and turn golden.
5. If using, add berries or chocolate chips onto the batter just before flipping; they melt slightly, adding pockets of flavor.
6. Serve warm, dusted with powdered sugar or drizzled with maple syrup; a quick bite and the day feels brighter.

Nutrition per serving

210 kcal	5 g	28 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not overmix the batter; it can make the poppers tough.
- For extra fluff, let the batter rest for 5 minutes before cooking.
- You can freeze the cooked poppers; reheat in a toaster oven for crispness.