

Choco Fever Dream

Japanese Fluffy Pancakes – Light & Airy Breakfast

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Medium** Difficulty	**Japanese** Cuisine

Ingredients

Main Ingredients

- [ ] 2 large eggs, separated
- [ ] 3/4 cup whole milk, room temperature
- [ ] 1/2 cup cake flour
- [ ] 2 tbsp melted unsalted butter
- [ ] 1 tbsp granulated sugar
- [ ] 1 tsp baking powder
- [ ] Pinch of salt

For the Topping

- [ ] Powdered sugar for dusting
- [ ] Maple syrup or honey
- [ ] Fresh berries (strawberries, blueberries)

Instructions

1. Separate the eggs. Whisk the yolks with milk, melted butter, sugar, flour, baking powder, and salt until just combined.
2. In a clean bowl, beat the egg whites until soft peaks form. This will be the heart of the fluff.
3. Gently fold the whipped whites into the batter in three additions, being careful not to deflate the air.
4. Heat a non-stick skillet over the lowest setting. Lightly grease with butter, pour a ladle of batter, cover, and cook 2-3 minutes until the top is set.
5. Flip carefully, cook another minute, then slide onto a plate. Repeat, keeping the pan low.
6. Serve stacked, dust with powdered sugar, and drizzle with maple syrup or fresh berries.

Nutrition per serving

220 kcal	7 g	23 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not over-mix after adding the flour; a few lumps are okay.
- If the batter seems too thick, add a splash more milk.
- Using a silicone spatula helps preserve the airy structure.