

# Blini (Thin Russian Pancakes)

Yield: 4 min  
Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-blini-recipe-with-yeast>

## Ingredients:

- 2 1/2 cups milk warmed to 80-90°F
- 1 tablespoon sugar
- 2 teaspoons active dry yeast
- 1 cup whole wheat flour
- 1 cup buckwheat flour or whole wheat flour
- 2 eggs separated
- 1 teaspoon salt
- 1 tablespoon butter

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 115 milligrams
4. Fat: 10 grams
5. Fiber: 6 grams
6. Protein: 17 grams
7. SaturatedFat: 4 grams
8. Sodium: 680 milligrams
9. Sugar: 12 grams

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