

#9 Whole Wheat Pancakes

INGREDIENTS

2 cups whole wheat flour

1 TB baking powder

1 teas salt

3 eggs (for fluffier pancakes, divide eggs. Put yolks in batter. Whisk egg whites until stiff and fold them into batter.

2 cups milk (can use powdered milk)

½ cup oil or applesauce

DIRECTIONS

1. Mix dry ingredients together in a medium sized bowl.
2. Add wet ingredients and mix together. If whisking egg whites, fold them into batter last.
3. Cook on a hot griddle. When bubbles on top side pop open, turn and fry on other side.