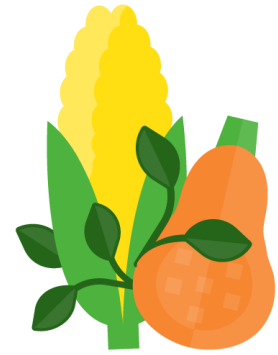


# Great Grains Pancake Recipe



**Yield:** 10 pancakes

**Preparation time:** 10 minutes

**Cook time:** 15 minutes

## Equipment:

- ❖ Stove top & frying pan (or hot griddle)
- ❖ Measuring cups
- ❖ Measuring spoons
- ❖ Large mixing bowl
- ❖ Ladle
- ❖ Mixing spoon

## Ingredients:

- ❖  $\frac{3}{4}$  cup (90 mL) whole wheat flour
- ❖  $\frac{3}{4}$  cup (90 mL) white flour
- ❖ 1 Tbsp baking powder
- ❖  $\frac{1}{2}$  tsp baking soda
- ❖  $\frac{1}{4}$  tsp salt
- ❖ 1 Tbsp (15 mL) sugar
- ❖  $\frac{1}{2}$  tsp cinnamon (optional)
- ❖ 1 egg
- ❖ 1  $\frac{1}{2}$  cups (375 mL) buttermilk, OR 1  $\frac{1}{2}$  cups (375 mL) milk with 1 tsp vinegar (mixed)
- ❖ 3 Tbsp (45 mL) vegetable oil

## Directions:

- ① Sift dry ingredients together.
- ② Mix milk (buttermilk OR regular milk with vinegar added), egg and oil. Add to dry ingredients.
- ③ Add a bit more milk if too thick.
- ④ Pour 2-4 tablespoons onto a non-stick or lightly oiled hot griddle or frying pan
- ⑤ Flip when small bubbles appear. Cook for another minute or two.
- ⑥ Serve with jam.