

Whole Wheat Pancakes

3/4 cup + 2 tsp. + 1/2 tsp. whole wheat flour
dash of salt
1/2 tsp. baking soda
1 tsp. baking powder
1 Tbs. sugar
1/2 cup milk
1 egg
1/4 cup oil

In a large mixing bowl, combine all dry ingredients. With the back of a spoon, make a "well" in the center of the dry ingredients. In a separate bowl, combine the milk, egg, and oil. Mix well with a wire whisk or fork. Pour the liquid ingredients all at once into the "well" in the dry ingredients. Mix until well combined. Spray a large frying pan with cooking spray. Heat pan on medium-high heat. Using a 1/4 cup measuring cup, pour batter into the pan. Cook until bubbles form on surface. Turn pancakes over to cook the other side. Serve with butter and syrup. Makes 6-8 pancakes.