WHOLE GRAIN PANCAKE MIX

SERVES 4

Preparation time: 15 minutes

**DRY MIX INGREDIENTS**

- 4 cups whole grain flour (whole wheat, spelt, or graham)
- 4 cups all-purpose flour
- 3 teaspoons salt
- 3 cups dry milk powder
- ½ cup brown sugar
- ¼ cup baking powder

**ADDITIONAL INGREDIENTS**

- 2 tablespoons oil
- 1 egg, beaten

**DIRECTIONS**

1. Mix all dry ingredients together.
2. Combine 2 cups mix with enough water to make a thick pancake batter, about 1½ cups. The amount of water will vary based on the flours you have used in the mix.
3. Add oil.
4. Add egg.
5. Mix and pour batter onto hot griddle.
6. Flip pancakes when bubbly and edges are dry.
7. Top with apple butter or other fruit topping for a healthy alternative to syrup.

**TIPS & VARIATIONS**

- **STORE MIX** in an airtight container or freezer bag. Refrigerate or freeze mix for freshness.
- **ADD FRESH OR CANNED FRUIT**, chopped, to your pancake batter.

**SIMPLY GOOD EATING**

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