

FLUFFY WHOLE WHEAT PANCAKES

INGREDIENTS *(For 16)*

- 3 cups whole wheat flour
- 6 tsp baking powder
- 2 tsp salt
- 2 tbsp white sugar
- 2½ cups milk
- 2 eggs
- 6 tbsp butter, melted

INGREDIENTS *(Class Size: 32)*

- 6 cups whole wheat flour
- 4 tbsp baking powder
- 4 tsp salt
- 4 tbsp white sugar
- 1L + 1 cup milk
- 4 eggs
- ¾ cup butter, melted



DIRECTIONS

1. In a large bowl, mix together flour, baking powder, salt, sugar and set aside
2. In another bowl mix together milk, egg, and butter.
3. Add liquid ingredients to the dry and mix until smooth.
4. Add to warmed and slightly oiled griddle and brown on both sides.

FACT

Serve pancakes with a glass of milk and side of fruit for a balanced meal.

COOKING TIP

Stir pancake batter just until it's mixed for fluffy pancakes, resist the urge to overmix.