

Making it delicious

Whole Wheat Pancakes



Ingredients

- 1 cup milk
- 1 Tbsp. vinegar
- 1 cup whole wheat flour
- 1 1/2 tsp. baking powder
- 1 tsp. baking soda
- 1/4 tsp. cinnamon
- 1/4 tsp. salt
- 1 egg
- 1 tsp. vanilla extract
- 2 Tbsp. maple syrup or honey
- 2 Tbsp. melted butter or oil

Mix-in ideas: fruit, chocolate chips

Topping ideas: maple syrup, yogurt, nut/seed butter, fruit



Recipe adapted from cookieandkate.com "Whole Wheat Pancakes"

Instructions

- 1 In a 2-cup measuring cup, combine the milk and vinegar. Stir and let rest for 5 minutes.
- 2 In a medium bowl, whisk together the dry ingredients (flour, baking powder, baking soda, salt and cinnamon).
- 3 In a second bowl, whisk the egg then mix in the milk, melted butter, maple syrup, and vanilla.
- 4 Whisk until thoroughly blended.
- 5 Pour the liquid mixture into the flour mixture. Stir just until combined (a few small lumps are okay).
- 6 Let the batter rest for 5 minutes so your pancakes will be nice and fluffy.
- 7 Heat a pan or griddle over medium-low heat (or 375 F). It's ready when a drop of water sizzles on contact with the hot surface. Lightly oil the pan or griddle with butter, oil, or cooking spray.
- 8 Gently stir the batter once more.
- 9 Using a 1/3-cup measuring cup, scoop batter onto the skillet, leaving room for the pancakes to spread.
- 10 Cook until small bubbles form on the surface, and the edges are no longer glossy (2-3 minutes).
- 11 Flip the pancakes, and cook until golden on both sides, 1 to 2 minutes more.
- 12 Repeat with the remaining batter, adding more oil and adjusting the heat as necessary.