

# Whole Grain Pancakes

## Ingredients

- 1 1/4 cups Whole-Grain Wheat Flour
  - 1 tablespoon Baking Powder
  - 1 tablespoon Sugar
  - 1/2 teaspoon Salt
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- 1 cup Milk
  - 1 Large Egg
  - 2 tablespoons Vegetable Oil

## Steps

1. Add flour, baking powder, sugar, and salt to bowl—mix well.
2. In separate bowl add milk, egg, and oil—mix well.
3. Pour liquid mixture into bowl containing dry ingredients.
4. Mix until dry ingredients are incorporated—small lumps ok.
5. Pour approximately 1/4 cup of batter per pancake on hot griddle (or use heavy-duty, non-stick fry pan on stovetop).
6. Cook until tops begin to bubble and bottoms are golden brown (about 3 minutes).
7. Flip pancakes and cook for another 3 minutes.
8. Serve warm with favorite toppings.