

Pancakes

Ingredients

- 1 cup flour using ½ cup whole wheat flour and ½ cup white flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 egg
- 1 cup milk
- 2 tablespoons vegetable oil
- Cooking spray

Directions

1. In a small bowl, mix the flour, sugar, baking powder, and salt with a whisk to make the flour mixture.
2. In a medium bowl, beat egg, milk, and oil with whisk until blended. Slowly add in the in the flour mixture. Whisk until just combined, making sure to not overmix it.
3. Heat a skillet over medium heat. Once heated, if it is a nonstick pan, spray an area with cooking spray where the pancakes will be poured. Use a ladle or ¼ cup measuring cup to pour batter onto hot skillet. Cook until bubbles form on tops, then use a spatula to flip the pancake to cook the other side. Cook until both sides are lightly brown.

Pancakes

Ingredients

- 1 cup flour using ½ cup whole wheat flour and ½ cup white flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 egg
- 1 cup milk
- 2 tablespoons vegetable oil
- Cooking spray

Directions

1. In a small bowl, mix the flour, sugar, baking powder, and salt with a whisk to make the flour mixture.
2. In a medium bowl, beat egg, milk, and oil with whisk until blended. Slowly add in the in the flour mixture. Whisk until just combined, making sure to not overmix it.
3. Heat a skillet over medium heat. Once heated, if it is a nonstick pan, spray an area with cooking spray where the pancakes will be poured. Use a ladle or ¼ cup measuring cup to pour batter onto hot skillet. Cook until bubbles form on tops, then use a spatula to flip the pancake to cook the other side. Cook until both sides are lightly brown.

Pancakes

Ingredients

- 1 cup flour using ½ cup whole wheat flour and ½ cup white flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 egg
- 1 cup milk
- 2 tablespoons vegetable oil
- Cooking spray

Directions

1. In a small bowl, mix the flour, sugar, baking powder, and salt with a whisk to make the flour mixture.
2. In a medium bowl, beat egg, milk, and oil with whisk until blended. Slowly add in the in the flour mixture. Whisk until just combined, making sure to not overmix it.
3. Heat a skillet over medium heat. Once heated, if it is a nonstick pan, spray an area with cooking spray where the pancakes will be poured. Use a ladle or ¼ cup measuring cup to pour batter onto hot skillet. Cook until bubbles form on tops, then use a spatula to flip the pancake to cook the other side. Cook until both sides are lightly brown.

Pancakes

Ingredients

- 1 cup flour using ½ cup whole wheat flour and ½ cup white flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 egg
- 1 cup milk
- 2 tablespoons vegetable oil
- Cooking spray

Directions

1. In a small bowl, mix the flour, sugar, baking powder, and salt with a whisk to make the flour mixture.
2. In a medium bowl, beat egg, milk, and oil with whisk until blended. Slowly add in the in the flour mixture. Whisk until just combined, making sure to not overmix it.
3. Heat a skillet over medium heat. Once heated, if it is a nonstick pan, spray an area with cooking spray where the pancakes will be poured. Use a ladle or ¼ cup measuring cup to pour batter onto hot skillet. Cook until bubbles form on tops, then use a spatula to flip the pancake to cook the other side. Cook until both sides are lightly brown.

For a fun filled educational video all about quick breads, scan the QR code below:



For a fun filled educational video all about quick breads, scan the QR code below:



For a fun filled educational video all about quick breads, scan the QR code below:



For a fun filled educational video all about quick breads, scan the QR code below:

