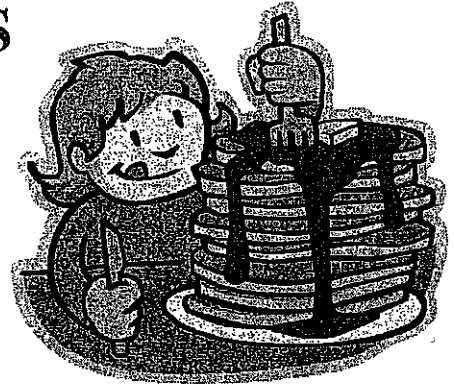


PANCAKES



1. Sift together into large mixing bowl:

1-cup flour
1 Tbsp. sugar
2 tsp. baking powder
½ tsp. salt

2. In a small bowl (or 1 cup liquid measuring cup) beat together:

1 egg
1 Tbsp. cooking oil

3. In a large liquid measuring cup (or 2 cup liquid measuring cup) pour:

1 cup milk

and then add egg mixture; stir with a fork.

4. Grease griddle lightly with a paper towel:

1 tsp. oil

OR

spray with cooking spray

5. Preheat griddle. To test temperature, put a few drops of water on it and if the bubbles dance around, it is just right.

6. Make a well in dry mixture and add wet mixture to dry all at once. Stir just until flour mixture is moistened.

7. Pour batter from ¼ cup measure.

8. Bake until bubbles appear on surface and edges look dry. Turn over and bake other side until golden brown. **Makes about 10 four-inch pancakes.**

Cooking Hints

- a) Use a heavy griddle. Be sure the griddle is level.
- b) Only a thin film of oil is needed on the griddle.
- c) Be sure the griddle is heated correctly. Test with drops of water.
- d) For even size pancakes, measure batter, using a scant ¼ cup for a 4-inch pancake. Hold the ¼ cup close to the griddle and pour batter all at once.
- e) The batter spreads so leave a little space between pancakes and they will keep their shape and be easy to turn.
- f) Stir the waiting pancake batter slightly before dipping cup for next pancake.
- g) Pancakes are ready to turn when tops are bubbly all over and edges look dry. Flip them over with a wide turner. Second side takes only about half the cooking time of the first side.
- h) Turn pancakes only once.
- i) Pancakes can be kept warm if necessary. Stack on hot platter, cover with foil and keep warm in 250° oven.

Oatmeal Pancakes

Ingredients:

- 1 ¼ c. all-purpose flour
- ½ c. oatmeal
- 2 tsp. baking powder
- ¼ tsp. salt
- 1 ¼ c. fat free milk
- 1 egg, lightly beaten
- 1 Tbsp. vegetable oil



Directions:

1. In large bowl, combine flour, oats, baking powder, and salt; mix well. These are considered dry ingredients.
2. In medium bowl, combine egg, milk and oil; blend well. These are the liquid ingredients.
3. Add liquid to dry all at once; stir until combined, **DO NOT OVERMIX**. Batter will be lumpy. Add options at this time.
4. Lightly spray skillet with pam and heat to medium high. For each pancake, pour ¼ c. batter onto hot skillet. Turn when tops are bubbly and edges lightly browned. Turn only once.

Options:

- 1 cup blueberries (fresh or frozen, do not thaw)
- 1 banana mashed and pinch of nutmeg
- ½ c. finely chopped apple, ¼ c. chopped nuts, ½ tsp. cinnamon
- ½ c. choc. chips