

Whole Wheat Pancakes

Print Recipe

Ingredients

1 cup flour
1 cup whole wheat flour
2 TBSP sugar
2 powdered eggs
2/3 cup powdered milk
1/2 tsp salt
1 tsp cinnamon
4 tsp baking powder
* will add 1/4 cup oil

Nutrition Info

Calories: 212.4

Fat: 8.3g

Carbohydrates: 28.9g

Protein: 7.2g

Directions

Add 2 ½ cups water and ¼ cup oil to mix; stir just till blended but still slightly lumpy. Pour ¼ cup batter onto hot, lightly oiled griddle and cook until golden brown, turning when pancakes have bubbly surfaces and slightly dry edges. Makes about 16 pancakes.

Serving Size: 2 pancakes. Serve with desired toppings.