

Pancakes

Serves 25

Here's what you need:

Whole wheat flour 3 $\frac{3}{4}$ C (1 lbs.)

Baking powder 2 Tablespoons

Salt $\frac{3}{4}$ tsp

Instant non-fat dry milk $\frac{1}{2}$ C

Sugar 3 Tablespoons

Frozen eggs, thawed 1 C (8 oz)

Water 2 $\frac{1}{2}$ C + 2 T

Vegetable oil $\frac{1}{2}$ C

Here's how:

1. Combine flour, baking powder, salt, dry milk, and sugar in mixing bowl.
2. In a separate bowl, combine eggs, water, and oil. Add to dry ingredients, scraping down sides of bowl while mixing. DO NOT OVER MIX!
3. Portion batter with level No. 20 scoop (3 $\frac{1}{3}$ Tbsp) onto griddle or heavy frying pan, which has been heated to 375° F.
4. Cook until surface of pancakes is covered with bubbles and bottom side is lightly browned, approximately 2 minutes. Turn and cook until lightly browned on the other side, approximately 1 minute.
5. Serve Immediately.

Nutrition

Calories: 129, Saturated Fat: 1g, Sodium: 207mg

Serving: 1 each

Credit as 1 oz WG