



Basic Pancakes- 6 Ways

 Serves: 4

Ingredients

- 1 cup – flour, whole wheat
- 2 teaspoon – baking powder
- 1/2 teaspoon – salt
- 1 tablespoon – sugar
- 1 cup – milk
- 1 large – egg
- 2 tablespoon – grapeseed oil

Directions

1. Whisk together whole wheat flour, baking powder, salt and sugar.
2. In a separate bowl, combine milk egg and oil. Mix wet ingredients into the dry and stir together until most of your lumps are gone. If you need to add more milk to get the consistency you like, do this now!
3. Some of our favorite add-ins include:
 - Chia seeds
 - carrots and cinnamon
 - coconut and chocolate
 - pumpkin and chocolate
 - zucchini
 - berries

