

## **HEATHER'S ALL-TIME FAVORITE PANCAKE**

*(adapted from Betty Crocker)*

1 egg

1 cup whole-wheat flour

3/4 cup milk

1 Tbsp. canola oil

1 Tbsp. baking powder

1/2 tsp. salt

Beat egg with milk and oil. Beat in remaining ingredients until smooth. For thinner pancakes, stir in additional 1/4 cup milk. Cook on a griddle or in a non-stick frying pan: pour about 3 Tbsp. batter from tip of large spoon or pitcher onto hot griddle. Cook pancakes until puffed and dry around edges. Turn and cook other side until golden brown.

I keep our pancakes hot by placing them on a plate and covering with foil.

Our family loves these with blueberries added -- about 1/2 cup fresh or frozen berries per batch of pancakes.

Serves 2-3. (I normally make 3-4 batches at a time)

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