

# Simple Pancakes

Using whole wheat flour adds protein and fiber to these pancakes, making them more filling and healthier. If you don't have whole wheat flour, substitute white flour.

**Makes 10 pancakes**

**Takes 10 minutes to prep and 10 minutes to cook**

## Ingredients

1 cup whole wheat flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
1 Tablespoon sugar  
1 cup milk  
1 egg  
1/2 cup oil

## Instructions

1. Whisk all ingredients together in a big bowl. It can be helpful to mix the flour and baking powder together first so you don't get chunks of baking powder in your pancakes.
2. Heat a frying pan or griddle to medium high heat. If the surface is not non-stick, you will need to grease the pan with oil, butter or cooking spray.
3. Pour 1/4 cup of pancake batter onto the pan and cook until bubbles form on the top.
4. Flip the pancake and continue to cook until brown on both sides and cooked in the middle.
5. If the pancake is doughy in the middle but brown on the outside, you need to turn down the heat.
6. Try a healthier topping for your pancakes: fresh berries are delicious, as are frozen berries microwaved until they turn into syrup. Another topping to try is peanut butter. This will make the meal more filling.

