

Pancakes and Waffles



20 to 30 Minutes



5-15 Minutes



varies

PANCAKE INGREDIENTS

- 125g soft grains, milled (1 cup)
- 240g milk (1 cup)
- 10g baking powder (2 tbsp)
- 1g salt (1/4 tsp)
- 24g sugar (2 tbsp) optional
- 5g vanilla extract (1 tsp)
- 100g eggs, beaten (2 eggs)
- 5g lemon juice or apple cider vinegar (1 tsp)

Waffles

- use 1 tbsp of baking powder
- add 2 tbsp melted butter
- leave out the lemon juice and vinegar

DIRECTIONS

1. Whip eggs, then add liquid ingredients and mix in.
2. In a separate bowl, mill the flour, and mix together with dry ingredients using a whisk or a fork.
3. Mix together the wet and dry ingredients.
4. For waffles, follow your waffle maker directions, and let cool on a wire rack or serve immediately. For pancakes continue to step 5.
5. Cook on a pre-heated, and greased skillet over medium heat (approximately 350 F if you can set by temperature).
6. Cook until bubbles form throughout the pancake on top with the edges beginning to dry a little.
7. Flip, and cook the pancake for another minute.

Pro Tip: If the mixture seems too thin, wait 15 minutes! It will thicken considerably. Remember the bran and germ slow this process down versus when working with refined flour.

Pancakes and Waffles freeze well
for quick toaster wins!