

Whole Grain Pancake/Waffle Mix

Pancakes and waffles are my jam. In fact, my whole household digs them. We try to watch our sodium and eat quality foods with quality ingredients in this household, especially since we have a little one. Premade mixes are full of sodium. Also, they are usually refined grains. This homemade mix solves those problems; not near as much sodium and made with whole grains! The recipe makes a big batch that you can store in an airtight container.

Ingredients:

Dry Mix

2 cups	Whole wheat flour
½ cup	All-purpose flour
1 ¼ cups	Oats
1 tbsp	Stevia
1 tbsp	Sugar
1 ½ tbsp	Baking powder
½ tbsp	Baking soda
½ cup	Vegetable oil

To Make Batter

1 cup	Dry mix (from above)
½ cup	Milk of choice (I used skim milk)
½ cup	Greek yogurt, nonfat (can use plain or vanilla. I used plain)
1 large	Egg

Directions:

TO MAKE THE DRY MIX

1. Grind oats into a flour.
2. Whisk together the dry ingredients (flours, ground oats, stevia, sugar, baking soda, baking powder)
3. Add the vegetable oil to the mixture. Mix in as evenly as possible. There will be clumps but try to work as many out as possible (especially the big ones).
4. Put the mix in an airtight container or bag. Store in the pantry for 4 weeks or in the freezer or fridge indefinitely.

TO MAKE PANCAKES or WAFFLES

1. Preheat skillet over LOW heat.
2. Mix 1 cups of the dry mix with the milk, yogurt, and egg. Whisk until batter is smooth.
3. Grease skillet using cooking spray. Spoon about 1/6 cup batter onto the skillet to make a small circular shape. Depending on how large your skillet is, spoon out another 1-2 making sure to keep space between each blob of batter.
4. Cook each pancake for 1-2 minutes on each side or until each side is a golden brown. Keep repeating this until all the batter is gone. The batter should make about 12 small pancakes.

***If wanting to make waffles, use a waffle maker. Turn on the waffle maker. Cover each section with batter. Cook in the waffle maker until light indicates the waffle is done.

Servings: 12 small pancakes per 1 cup dry mix
 Serving size: 1 pancake

Whole Grain Pancake		
Nutrition Facts		
Serving Size: 1 Pancake		
Amount Per Serving		% Daily Value*
Calories	61.4 kcal	3 %
Total Fat	2.8 g	4 %
Saturated Fat	0.5 g	3 %
Trans Fat	0 g	
Cholesterol	16.3 mg	5 %
Sodium	89 mg	4 %
Total Carbohydrate	6.6 g	2 %
Dietary Fiber	0.7 g	3 %
Sugars	1.2 g	
Protein	2.9 g	6 %
Vitamin A	1 %	Vitamin C 0 %
Calcium	5 %	Iron 2 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full info at cronometer.com </>