



Perfect Pancake Mix

Preparing this whole-grain pancake mix will take you and your child minutes, but the recipient will enjoy leisurely breakfasts for weeks.

Ingredients

- 5 cups all-purpose flour
- 1 1/2 cups whole wheat flour
- 1 cup cornmeal
- 1/3 cup sugar
- 2 tablespoons plus 2 teaspoons baking powder
- 2 teaspoons salt

Measure the all-purpose flour, whole wheat flour, cornmeal, sugar, baking powder, and salt into the bowl of a large food processor. Process for 15-30 seconds or until thoroughly mixed. (Alternatively, stir the ingredients together in a bowl.) Spoon the mix into a 2-quart jar.

Directions

Stir 1 1/2 cups of pancake mix, 2 eggs and 1 1/4 cups of milk in a mixing bowl until smooth.

Melt 1 tablespoon of butter in a large frying pan over medium heat.

Cook the pancakes for 2-3 minutes on each side.

Enjoy with maple syrup and fresh fruit.

Serves 4

