

harvest

# Whole Grain Pancakes



No-stick cooking spray

2 cups whole wheat pastry flour

**OR** 1 cup all-purpose flour  
plus 1 cup whole wheat flour

½ cup wheat germ

**OR** additional flour if wheat germ  
is unavailable

2 tsp baking powder

1 Tbsp sugar

**For a variation, add:**

¼ cup ground flax seed

½ tsp cinnamon

2 eggs

2½ cups milk

**For a variation, add:**

½ tsp vanilla

**Serving idea:**

Serve with berries and Canadian bacon.

**1 Coat** griddle or frying pan with no-stick cooking spray.

**2 Mix** flour, wheat germ, baking powder, sugar, ground flax seed, and cinnamon in a medium bowl.

**3 Mix** eggs, milk and vanilla in a separate bowl until foamy. Add flour mixture and mix just to combine (batter will be lumpy).

**4 Pour** ¼ cup portions of the batter onto a preheated griddle or frying pan.

Wait until bubbles appear on the batter and flip over. Pancakes should be golden brown on each side.