

Pancakes

Makes 8 pancakes. 1 standard-size pancake per serving



Ingredients

- 1 cup all-purpose flour
- 1 Tablespoon sugar
- 2 teaspoon baking powder
- ¼ teaspoon salt
- 1 egg, beaten
- 1 cup skim milk
- 2 Tablespoon oil

Directions

1. In a mixing bowl stir together flour, sugar, baking powder, and salt.
2. In another bowl, combine egg, milk, and oil. Add to flour mixture all at once. Stir mixture until blended but still lightly lumpy.
3. For standard size pancakes, pour about ¼ cup batter onto a hot, lightly greased griddle or heavy skillet. For dollar-size pancakes, use one tablespoon batter.
4. Cook until pancakes have a bubbly surface and slightly dry edges, then turn once to brown second side.

Variation - Buttermilk Pancakes

Prepare as above except reduce baking powder to 1 teaspoon and add ½ teaspoon baking soda to flour mixture; substitute buttermilk for milk. Add additional buttermilk to thin batter if necessary.

Nutrition Facts

Serving Size 1 pancake
Servings Per Container 8

Amount Per Serving

Calories 110 Calories from Fat 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 160mg **7%**

Total Carbohydrate 15g **5%**

Dietary Fiber 0g **0%**

Sugars 3g

Protein 3g **6%**

Vitamin A 4% Vitamin C 0%

Calcium 8% Iron 4%

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