

# INGREDIENTS

## Dry pancake mix:


- 3½ cups rolled oats
- 2½ cups whole wheat flour
- 2½ cups unbleached all-purpose flour
- 3 tablespoons sugar
- 3 tablespoons baking powder
- 1 tablespoon salt


## To make pancakes:

- 1 cup pancake mix (above)
- 1 cup buttermilk
- 1 large egg
- 1 tablespoon oil
- Butter or oil for griddle, as needed

*Optional toppings:* maple syrup, blueberries, nuts

# Whole Grain Pancakes

 10 cups dry mix / 15-20 servings

 3 minutes per pancake



# DIRECTIONS

1. Combine and whisk together all ingredients. Batter will be thick and lumpy. Let stand 5-15 minutes to allow flour to absorb the liquid.
2. Heat Griddle or heavy skillet. Add enough butter to coat bottom of griddle. Griddle is ready when a drop of water pops across it.
3. Place ½ cup of pancake mix onto griddle. Cook approximately 3 minutes. There will be bubbles forming around the edges of the pancake.
4. Flip. Cook until other side is brown, 1 to 2 minutes.
5. Serve immediately or keep warm in a 170 degree oven until all pancakes have been cooked. Serve with toppings from your regional foodshed, such as maple syrup, blueberries, or hazelnuts.

## NOTES

This recipe yields a good amount of dry pancake mix. If you do not want to make the entire batch of dry mix, consider storing it in an air-tight container to use in the future.