

Homemade Pancake Mix

Making your own pancake mix can save you time and money. This recipe makes enough pancake mix for 24 servings. Use some now and store some for later.

Serves 4



Ingredients

Pancake mix:

- 5 cups whole wheat flour
- 5 cups unbleached flour
- 2 ½ cups instant non-fat dry milk
- ½ cup sugar
- ¼ cup baking powder
- 2 tablespoons salt

To make pancakes:

- 2 cups pancake mix
- 1 cup water
- 1 egg
- 2 tablespoons oil

Directions

Pancake mix:

1. Combine all ingredients and store in an airtight container for up to 6 months. This makes about 13 cups or approximately 6 batches of pancakes.

To make pancakes:

1. Whisk ingredients together in a large bowl.
2. Ladle batter onto electric griddle heated to about 350 degrees or into frying pan over medium heat.
3. When bubbles form around edges, flip pancake and cook for approximately 3 more minutes.
4. Serve with Easy Peasy Berry Syrup, peanut butter or plain yogurt.

Nutrition Facts

Serving Size 2, four inch pancakes
(88g)
Servings Per Container 4

Amount Per Serving

Calories 310 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

 Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 880mg **37%**

Total Carbohydrate 46g **15%**

 Dietary Fiber 3g **12%**

 Sugars 8g

Protein 11g

Vitamin A 2% • Vitamin C 2%

Calcium 25% • Iron 15%

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

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4