



SUPER SPROUT™ WHOLE WHEAT BUTTERMILK PANCAKES

Ingredients

- 1 egg
- 1/2 teaspoon salt
- 1 cup Super Sprout™ flour
- 1 tablespoon sugar
- 1 tablespoon baking powder
- 1 cup buttermilk
- 1/2 teaspoon baking soda
- 2 tablespoons vegetable oil

Directions

Beat egg.

Combine flour, baking powder, soda, salt, and sugar; add to egg.

Add buttermilk and oil, beating until mixture is smooth .

For each pancake, pour about 1/4 cup batter onto a hot, lightly greased griddle.

Turn pancakes when tops are covered with bubbles and edges look cooked.