



Blender Wheat Pancakes

Ingredients:

1 ½ cup milk, divided
4 ½ tsp baking powder
2 eggs
1 cup whole wheat (raw)
1 tsp salt
½ cup vegetable oil

Instructions:

1. Place 1 cup of the milk and the wheat in a blender. Blend until like mush, 2-3 minutes.
2. Add the baking powder, salt, eggs, oil and remaining ½ cup of milk. Blend for about 2 more minutes.
3. For each pancake, pour about the ½ cup of batter onto a hot griddle that has been sprayed with nonstick cooking spray. Cook for 2 to 3 minutes, or until they start to bubble, and look done around the edges. Flip and cook for 1 to 2 minutes.
4. Enjoy!



For questions about long-term food storage please call us at 844-857-8277 or email us at customerservice@packfreshusa.com