**Pancakes**

**Serves 2-3**

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125 mL flour

4 mL baking powder

½ mL salt

15 mL sugar

½ egg (about 25 mL)

100 mL milk

5 mL oil

40 mL syrup

**Directions:**

1. Preheat oven to 150°F (or lowest setting for warming). Place a baking sheet pan inside to pre-warm.
2. In a large bowl, measure and sift all dry ingredients together. Make a well in the center.
3. In a small bowl, beat egg lightly with a fork. Add milk and oil.
4. Add liquid ingredients to the large bowl and beat only until combined. Batter should be slightly lumpy.
5. Preheat non-stick electric frying pan at 325ºF for 1-2 min only. Sprinkle a bit of water over hot frying pan. If using the stove-top and a regular frying pan, heat pan at medium-low heat (#3-4). When the water “dances,” the pan is ready for the batter.
6. Pour approximately 60 mL of batter for each pancake. Cook for 1-2 minutes until the bubbles on the surface of the pancakes start to pop.
7. Using only a flipper designed for a non-stick pan, flip over and cook until golden brown. Pancakes should be thin with an even shape. Flip each pancake only once. You may not be able to cook all the pancakes at the same time.
8. Store cooked pancakes on the pan in the oven set at 150°F until all are ready. Take out when all pancakes are ready to eat. Heat syrup in microwave for a few seconds.
9. Serve pancakes warm with warmed syrup.

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