

WHOLE GRAIN PANCAKE AND WAFFLE MIX

(adapted from Feeding the Whole Family by Cynthia Lair)

Notes:

Feel free to substitute any other whole grain flours (garbanzo, spelt, millet...) for the ones listed in the recipe. If this becomes a hit with your family double the mix recipe so that you always have it available.

Depending on which grains you substitute and the strength of your baking powder you may need to add extra baking powder on the day you make your pancakes. Cook a test pancake/waffle and if needed add an additional teaspoon of baking powder to your batter.

Mix:

2 cups barley or kamut flour
2 cups whole wheat pastry flour
1 cup buckwheat flour
1 cup blue corn flour
4 teaspoons baking powder
1 teaspoon cinnamon
½ teaspoon salt

Whisk together all above ingredients in large mixing bowl. Store this dry mix in jars to use as needed.

Per batch:

2 cups mix
1 cup buttermilk (yogurt, sour cream, milk, cream...)
½ cup melted butter
2 eggs

Whisk eggs and buttermilk in large mixing bowl. Gently and quickly stir in pancake mix. Stir in melted butter.

Heat skillet, griddle, pan or waffle maker. Make test pancake or waffle. Add baking powder or egg if needed.