

# Fluffy Pancakes

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS:100

Ingredients	Measure
All Purpose flour	16 cups
Whole wheat flour	16 cups
Baking Powder	1 ½ cups
Baking Soda	2 Tbsp
Sugar	2 ½ cups
Salt	10 teaspoons
Water	20 cups
Vegetable oil	2 ½ cups
Vanilla extract or flavoring	20 Tsp.

## Method

1. Mix flours, baking powder, baking soda and salt in bowl and set aside.
2. In another bowl, mix sugar, vegetable oil, vanilla and water and whisk well.
3. Add flour mixture from step 1.
4. Mix batter just until dry ingredients are wet but DO NOT overmix. Batter should be lumpy.
5. Let batter rest for 10 minutes.
6. Lightly spray non-stick cooking spray on griddle. Pour 1/4 cup batter onto hot griddle. Cook on one side 1-1/2 to 2 minutes or until top is covered with bubbles and underside is browned. Turn; cook on other side 1-1/2 to 2 minutes.
7. Lightly spray holding pan so cooked pancakes do not stick to holding pan.

**Alternates:** If whole wheat flour is not available substitute with same measure/weight all-purpose flour or white whole wheat flour. Can substitute the all-purpose flour with same measure/weight white whole wheat flour.

**Note:** Mixing batter by hand in a bowl with a wisk is preferred because people tend to overmix batter if a commercial mixer is used. Batter is to be mixed just until dry ingredients are wet as indicated above. Commercial mixer can be used just follow recipe method.

## Nutrition Information per pancake \*From Nutrihand Pro

Calories: 142 Total Fat: 6g (38% calories from total fat) Saturated Fat: 0.5g (3% calories from saturated fat) Monounsaturated Fat: 3.5g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 21g Fiber- 2g Total Sugar-0.3g (<1% calories from sugar) Protein: 3g Sodium: 237mg Vitamin A: 1µg RAE Vitamin C: 0mg Calcium: 214mg Iron: 1.4mg Folate: 28µg