

Whole Wheat Pancakes

INGREDIENTS:

2 cups whole wheat flour
4 ½ tsp baking powder
½ tsp kosher salt
1 Tbsp. ground cinnamon
2 tsp sugar
2 large eggs
2 cups + 2 Tbsp. fat free milk
2 tsp vanilla extract
cooking spray



DIRECTIONS:

1. Mix all dry ingredients in a bowl. Add wet ingredients to the mixing bowl and mix well with a spoon until there are no more dry spots; don't over-mix.
2. Heat a large skillet on medium heat. Lightly spray oil to coat and pour 1/4 cup of pancake batter. When the pancake starts to bubble and the edges begin to set, flip the pancakes. Repeat with the remainder of the batter. Makes 14 pancakes.