

## Jim's Whole Wheat Pancakes

### Ingredients:

4 cups fresh ground whole wheat flour

5 teaspoon baking powder

1 teaspoon salt

1/2 cup powdered milk (just the powder)

2 tablespoons sugar

2 eggs

1/4 cup vegetable oil

3 to 3 1/2 cups water

Mix the dry ingredients in a bowl. Add the eggs, oil and 3 cups of the water. Mix until the dry ingredients are mostly wet. Check the consistency for spooning onto the griddle. Add more water until the consistency is right. The batter should be just thin enough that it is necessary to spread it around a bit on the griddle to get a puddle about 1/4 inch thick. Avoid too thin a batter. Avoid stirring the batter too much. A little dry can still be present. Too much stirring will make the cakes tough.

Spoon the batter onto a hot griddle. When the bubbles coming to the surface begin to stay open and do not fill in again when they pop it is time to turn the cake. Turn and continue to cook until done. Please resist the urge to smash the cake, and turn only once. Let them rise up light and fluffy.

This recipe makes approximately 15 5" light and delicious cakes 1/2 inch thick. Serve hot off the griddle with your favorite toppings.

### Variation:

For a protein boost, add a handful of soybeans to the wheat as you grind it.

You can use a cup of milk in place of one cup water and leave out the dry milk solids.