

TRIPLE GRAIN GEORGIA PECAN PANCAKE MIX

Ingredients

Dry Mix (makes about 4-1/2 cups):

- 1 cup whole wheat pastry flour
- 1 cup all-purpose flour
- 1/2 cup yellow cornmeal
- 1/2 cup soy flour
- 1/2 cup maple sugar (or 1/4 cup granulated sugar)
- 2-1/2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 1/2 cups chopped pecans

Wet Ingredients (for 3/4 cup of mix):

- 1/2 cup low fat milk
- 1 large egg
- 1 tablespoon lemon juice
- 1 tablespoon vegetable oil
- Maple syrup (to serve)

Directions

1. Combine all the dry ingredients in a re-sealable 1 1/2-quart container; mix very well to blend evenly. If not using within a week, refrigerate dry mixture.
2. To make eight 3-inch pancakes, heat an oiled skillet or griddle over medium-high heat. Beat together the milk, egg, lemon juice, and vegetable oil until blended. Stir in 3/4 cup pancake, mixing just until smooth batter forms.
3. When skillet is hot (a sprinkle of water will dance and steam on the surface), pour a scant 1/4 cup batter in pan for each pancake, cooking 2-3 minutes on either side.
4. Serve pancakes warm with maple syrup.

