

WHOLE WHEAT PANCAKES

Yield 100

Portion 2 Cakes

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
236 cal	37 g	8 g	7 g	53 mg	513 mg	210 mg

Ingredient

FLOUR,WHOLE WHEAT
 FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 MILK,NONFAT,DRY
 SALT
 SUGAR,GRANULATED
 EGGS,WHOLE,FROZEN
 WATER
 OIL,SALAD

Weight

4-1/4 lbs
 5 lbs
 8-3/4 oz
 13-1/4 oz
 1-7/8 oz
 12-1/3 oz
 2-2/3 lbs
 13 lbs
 1 lbs

Measure

1 gal
 1 gal 1/2 qts
 1-1/8 cup
 1 qts 1-1/2 cup
 3 tbsp
 1-3/4 cup
 1 qts 1 cup
 1 gal 2-1/4 qts
 2 cup

Issue

Method

- 1 Sift together both flours, baking powder, milk, salt, and sugar into mixer bowl.
- 2 Add eggs and water; mix at low speed about 1 minute or until blended.
- 3 Blend in salad oil or melted shortening about 1 minute.
- 4 Pour 1/4 cup batter onto lightly greased 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.