



Everyday Pancakes

Makes 2 pancakes about 4" in diameter

Ingredients:

¼ cup (35g)	<i>Country Sunrise All Purpose Baking Flour*</i>
1½ tbsp (14g)	<i>Country Sunrise Scrambled Egg and Omelet Mix*</i>
1½ tsp	Sugar
1/8 tsp	Salt
1/8 tsp	Vanilla extract (optional)
½ tsp	Baking Powder
1/3 cup	<i>Darifree**</i> (reconstituted) or <i>Rice Dream</i>
2½ tsp	Butter/margarine, melted



Preparation:

1. Heat griddle or skillet over medium heat (about 375°F).
2. Mix dry ingredients in medium size bowl, then add wet ingredients and whisk with a fork until batter is well mixed.
3. Pour 1/3 cup batter onto hot skillet for each pancake.
4. Cook pancake until tops are bubbly and edges are dry and puffed.
5. Turn and cook other side until golden brown. Do not press down with spatula.
6. Enjoy !

Nutritional Information

Serving size	Phenylalanine, mg
Per Recipe	13
Per Pancake	6.5

* PKU Perspectives

**Vance's Foods