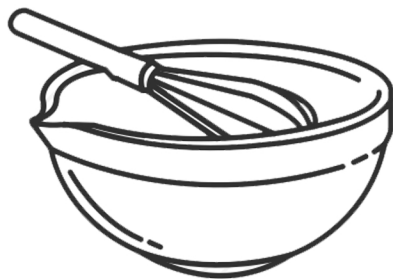


# PANCAKES



## INGREDIENTS:

1 cup all-purpose flour  
1/2 teaspoon baking powder  
2 tablespoons sugar  
Pinch of salt  
1 egg  
1 cup skim milk (or whatever milk you have)  
1 tablespoon canola oil  
1 teaspoon vanilla extract  
Cooking spray

## DIRECTIONS:

1. Preheat nonstick skillet or griddle.
2. Combine flour, baking powder, sugar and salt in a bowl and mix well.
3. In another bowl, mix egg, milk, oil and vanilla
4. Pour wet ingredients into bowl of dry ingredients while stirring with a whisk.
5. For each pancake, pour 1/4 cup of batter onto the skillet or griddle to make a medium pancake.
6. Cook until bubbles appear and edges are brown.
7. Flip pancakes and cook for about one more minute.
8. Repeat with remaining batter.
9. Add a little syrup and enjoy!

**YIELD: THIS RECIPE MAKES ABOUT 9 PANCAKES**

